

## GDL Emily Ford

Come back to Good Day Live Kyle is like trying to help me with my lipstick because I just put some on uh I'm Michelle Murad and we've got k he's also my makeup artist and the lovely Miss Emily phone Are you Fabulous That's great That's great I mean how bad is it Yeah Just the I mean Emily Ford we've heard so much about you I watched a lot about you actually First question is you talk about the what No one cares about the what It's the why I would love to know your why Oh wow Straight for it Yeah Gosh I love it Well my why has evolved and changed over time when I first started an entrepreneurship It was selfishly like I want to be my own boss and it took going through things to discover I need to have a deeper why that's going to make me push that's going to make me go and make the call that could change at all That's going to make me get outside of my comfort zone And what I realized is that people are my my purpose my passion and at the end of the day Like if someone says this impacted me you taught me this lesson it could just be one moment It could be for one moment it could be for a whole season of life Like my why at the end of the day is to help a man a woman become better become really um really help them understand and how divinely created they are and how unique they are And I want to help them live at a higher frequency which is ultimately living in gratitude and happiness because then if they have Children or even if they don't but they impact Children that will impact generations to come And to me that is absolutely everything I'm on a mission to break generational curses I love you so so so much you're OK So you are touring the country like you're motivating all these people You also have a new show called It's Emily that's filmed here at studio place which we're so excited about Uh tell me what that's like for you you know interviewing people and sitting on a couch and I mean I'm guessing you're really stepping into the Oprah a chapter of your life now Yeah I it's it's so much fun It really is And and I've had a lot of people they're like you're usually interviewed how is this roles reversed And I'm like I absolutely love it because you can just sit with someone everyone has a story You have a story you have a story and I just want to hear the stories and I want to hear the real stories It's like yeah there's statuses and they're great works that people have done But what was the climb Like what did you have to go through the real talk You know how's the relationships during that time What have you built Where are you evolving So it's just it's it's surreal I'm so grateful for the opportunity and and I I

believe wholeheartedly like to much is given you know much is expected And so I'm just trying to do it to the best of my ability and get better with every episode Well you are doing amazing work Um I've seen a couple of episodes and you know watch some behind the scenes stuff It's just I mean what was that uh where you were on you were on stage and there were so many it was like a virtual conference and just there was a power that just came through you that was like it was more than you It was like you were just like just being a channel and it's so cool to see I mean like I got choked up when just like listening to it And I mean do you feel like when you when you're up there and you're giving those talks do you feel drained afterwards Yeah Yeah Yeah Many you know what you're talking about is like a key note and so that in that particular instance it was you know during COVID So we went more virtual events are doing hybrid now Um But I just got you know recently I was speaking in Miami and in a room and what I do is really ask God to use me and I allow that you have to have a great deal of trust Um And I have my framework but then most of the time it's not really me talking and to some people that might freak you out a little bit but truly I believe I'm just the vessel the voice you know Um and it's the most amazing experience and yes it is very draining in a in a in a beautiful way but sometimes we use the word draining and it sounds so negative But what it is is like it's like I just ran a marathon and that's how it feels and I go back to the room and um it's exhilarating simultaneously It's very exhilarating Uh But I am an empath and I know we probably have a lot of empath watching this right now and you should never use that as an excuse I'm also an outgoing introvert So you put those two together and you're gonna need to recharge like we got to recharge like we recharge our iphones you know And so it's like don't ever use that as an excuse because it's actually a gift because you're able to touch people's souls I think even deeper having that empathic spirit So yeah I just recharge You just learn like after an event Um and I was on the road and I I went so I went to Miami I went to New York and I was like oh we should have knew this lesson by now because Emily doesn't do well with this You need you need to you know how do you recharge Introverted doing slash extrovert Yeah Doing very feminine activity So massages um going you know to the ocean meditating for me It's like a book and a good couch and some tea and let's just drool like and I know it sounds funny but it's just I need time alone you know and even people in my life like they've come to know that like oh she's just being alone today like let her be alone It's not that I don't love or want to be It's just I have to you know recharge So of

course um where was this This was in Las Vegas at the uh war studios It's the most insane studio I can literally pull people up on Zoom by their name I call on them do an intervention with them Um It's one of my greatest mentors He built this during COVID So he pivoted with massive purpose because he used to do events with 20 30,000 people And then it was like the world shut down and they didn't shut down No no I mean just even this clip I just got like it pulled on my strengths and I like I feel like I'm choked up a little bit just like even I mean just the power and you being a vessel you can just see it and feel it and it's just the real deal and and I say this when I really mean it like one of my friends made fun of me It's just like you always compliment I'm like but when I notice something and a gift and a power I make sure that that person knows what they're doing is phenomenal and this is so awesome and I am so inspired by you and so excited for your journey ahead and and and what's in store because big things are happening for you Thank you so much that I'm glad you should Absolutely Absolutely I know you have some questions Um so so powerful right You're so powerful and you're helping so many people you spoke about not coming across or being maybe mistakenly coming across with arrogance And it's like don't let that stop you move past what is the difference or the the mode that you hit so that people don't mistake that or that you're not it's not inhibiting let's say me like I I have something intense to say something passionate to say and I don't want to come across arrogance Yeah I always pray for confidence not arrogance Because there's two different things and also for grace And it's I always I always talk to God you know whatever people believe higher power And I'm like you know I'm always asking to be used and to be the vessel And if you come at it from that way I think it really it really will shut down arrogance And there's also things that come into play like who do you hang out with You know there was moments in my career where I was like this isn't who I am And I checked my surroundings and I'm like you are the some of the five people you spend the most time with And I'm like my my values don't they're not number one is not money right I love money I love it It's a great tool in the world But you know and so looking at things like that Um but then also like spending time alone every single morning it really checks me and puts me into place of like who am I who do I want to be today You know And so it's that self evaluation I think the greatest leaders in the world have a great and tremendous amount of self awareness Are you a girl It's a smoothie I love I like protein shakes Brought it back to the light side No Uh I was wondering because you have so much energy Like what uh what's your diet

like How do you get all that energy to get up there Yeah I am extreme Like I I not extreme but I'm I'm disciplined Meaning I eat prana rich like food which are higher frequency food And I look at you know my body as an athlete I do bio hacking Um anything you can do for yes anti-aging but cellular health So I've been doing that for over a decade Adapted gene herbs organic um superfood protein I I cleanse on a regular basis like all you know I use telomere support which they're found at the end of your chromosomes So that's really a huge key to use I use neutros and so II I am like I know that if I take care of my vessel I can go 10 times stronger harder and more confident Um It's such a big deal to me to be like an example for all the areas of life and not just one area because if I'm standing up there like let's make a lot of money and crush it But but I am not you know physically sound What kind of example is that your empty bucket That empty bucket of one Yeah Yeah The telomere support I just want to touch on that for two seconds on the telomeres is what wears down in your cellular regeneration Very good Yeah What is the support though Because I know that only insulin has been known to actually help that there's scientific research with supplementation You know for those of you that don't know telomeres are found at the end of your chromosomes And as you age they get shorter and shorter until we Yes And the more the more environmental stress you have toxic stress that's why you see people go through a lot in life and they can suddenly age so much in one year because of trauma things like that And so yeah I use like an herbal supplement that helps support Telomeres as well as like N ad and things like that I was just gonna ask you if you use a DNA D What's that Yeah So it's a great I mean you could do injections getting N ad Um you know our viewers can go ahead and Google that There's so many amazing studies coming out with it But again and it's a bio hacking You can have a product you can take it in pill form but I recommend um as well the injection So like look just like your vitamin drip You can go somewhere and get N ad Um And that's gonna help slow down the aging process all the benefits They used it for people that were having like drug addictions uh alcohol things like that And now they're finding like oh my gosh this is just really amazing anti-aging um protocol as well Yeah Yeah that's incredible I love that It's a a holistic approach so that way you can be of service not only to yourself but like again all these incredible people and I love what you said that you were a unicorn Is that what you said that Can you let that out it I love it I want to be a unicorn esque Can I be part of this It's so fun I mean like I I watch your stories on Instagram and you're just like constantly like giving food for the soul

Anyone that's watching can like walk away with something and I love that again like authentic you're showing what you're doing like you're just showing your journey and your process which is the power of social media And um I'm a big believer in like following people that lift me up So um you're definitely one of those people Um I mean but also looking absolutely stunning like while you're lifting people up which is so fun Have you always been like a fashion girl too Yeah like I would wear a lipstick even if no one's around like I just put myself together I've loved that you know and there's so much to be said just about what you're describing and thank you for that I promised myself a long time ago I'm like I just want to be me and guess what if you don't like me then move on I always say move on crouton like just keep on keep on moving and we need to that too Ok Um You know and it's just that is my next show That would be hysterical Oh my gosh Um But I think so many of us try to copy other people and it's like there's things about you that make you quirky that make you unique that make you you and it's like when you live and you just do you and you don't edit yourself 24 7 you live at a higher frequency So it's just like that's just where I'm at Like I don't aim to please I love it I love that so much The uniqueness is a superpower unicorn unicorn your uniqueness What would you say You're a superpower you know Uh There we could go many different angles I think it's my ability to just not I don't want to say this the wrong way but like just not give a f and I mean that in the most beautiful way of like I'm doing me I'm on my mission I'm like the racehorse I've got I've got I've got the blinders on and I just have this ability to be like you do you boo I'll do me and you know I just the littlest lightest things like when we're talking about health you know I'll go to a restaurant and get my clean food and and and take away the bad or whatever and I don't care what anybody else thinks they're not eating it you know Um and and and same if we go to a deeper level of life There was a time in my early twenties when I started to find success in business and I had a few people say like hey I think we should tone it down on like the Faith card And yeah and they were like can I just give you some advice And I was like I appreciate that I do I really do because I love people that tell me what they think of course But I was like I I'll take that but I I'm not taking it like meaning I'm not gonna follow what you have to say And that's what I mean about not giving an F It's like I listen to my heart I follow my heart because that's always the best way and I I feel like I attract the right people because of it That's everything you're saying is everything I believe So I I love all of that Um Since since you don't since you don't give an F but I don't either but

I I'm a recovering people pleaser Um Here we have a red flag You have a red flag by you I believe um whether you're in a relationship or not you can play this game So everyone at home that is watching or if you're streaming for your bathroom or hopefully not driving your car and streaming but you can listen Um We yeah you never know where they are No judgment There is no judgment zone I thought I came up with this game but apparently I did it Um But we'll pull a card and we're going to learn more about each other whether or not this is some Thank you someone you would date or maybe associate with OK I tell you my first red flag What your first red flag in the bathroom I go ahead I was gonna say I like to bathtub it up and and stream Just don't go on zoom in the bathtub I had a chick do that once we were on a Zoom call and I was like turn off your camera I'm like honey you need more bubbles or turn off the your name Where are you at No no we were on a straight up business call and I always say you can do it from anywhere and we can coach you and I was like whoa nelly I was like we got like a full show here tonight and I was like trying to call her It was crazy Yeah Yeah Anyways sorry No I love it You said you gonna pull the Yeah Yeah I love it honey You need more bubbles honey You need more bubbles The perfect communicator Whether it's somebody you would date Oh I love that I love this Yeah Talk to me So I feel like I'm not perfect in any which way but I communicate a lot I don't know if I would want the perfect communicator If that makes sense I see where you're at Like he's like is he perfect for me See this is where the red cards get it wrong Like I put it in asterisk like perfect for you or just perfect in general because I want to talk to everyone Actually I talked to everyone who am I kidding It's a gift of yours No she's great Like we're so lucky and blessed to have Michelle because there'll be like people walking around in the street That that's so sweet Really That's really kind 000 wait wait sorry sorry sorry where to go where to go over there We have a paddle that we have to raise sometimes Yeah Yeah I appreciate you That's really sweet It's safety safety measures That was really oh I don't know That was really special Ok Do you think of any red flags just without the top of your head There's so many I mean II I listen I love communication and it's like I I believe when you're a great communicator you can have a great relationship and there's just no time for like the passive aggressive even in business Like when people are past I'm like oh can you just please say what you mean and mean what you say like this I don't have time So uh this card I'm all about this card Ok cool Yeah All right Let's go one for you Yeah OK What we got what We got a best selling author that these are not red flags You think if if it

was an insecure person sitting here they might be insecure if they were dating somebody who was like having to self promote Because some people like once that I dated a guy once for like a short stint of life you know hashtag mistake Ok I mean it was short it was just but he was he he it was like it was it was he could not handle a woman at that Lived in the spotlight Yeah That's Yeah And I think it Yeah Yeah Yeah Yeah And um I think a lot of especially and you can speak for you But for women women uh a lot of them come to me that they're they're they want to serve they want to live their life out loud And it takes a certain kind of man that's confident to be able to hold that power for her and hold that space And I see that a lot where women feel like they get put down for sure for sure I would say um from a man I won't I don't even know if that's like a patriarchal thing I think that's just a human condition when your partner is putting themselves in a public spotlight because I think I've had that with women where I'm like oh you know I've been in a few movies and not not huge not like on a billboard talk show that I'm talking about the past Yeah Yeah Yeah But even even with the talk show it's it's they've not so much reacted to the talk show but more of like the actor life where they're like oh you're self promoting and there becomes a a version to it Is that a is that a red flag Yeah Yeah Because if you're mission driven and you're with someone who doesn't support that it's going to affect your mission And it also shows insecurity I think you know OK my fellow unicorn uh let's do one more and then uh we have to let you go to your other show I could be here all day I would love that You could be here all day brings to first date I mean come on What if a guy talks about their ex Yeah Yeah Like literally literally when a guy talks this is for all the guys at home never talk about your ex girlfriend on the first date Like it is a new chance to start and like you know go out I've gone on dates where the guy would just be like bashing his ex I'm like you know maybe be bashing one after the next I'm like the one thing they have in common is this dude right Like I was like so this is a red flag you're the nominator and this can come they're stuck in the past They're stuck in the past Yeah like maybe tell me about that down the road but your baggage right now is one Make it about me Yo Yeah Ok Yeah I'm gonna make it about you right now I wish you could stay here You're such I'm so glad we got to have this You're a wonderful bright light for those that don't already know you This is your camera plug away how they can find you and all the great stuff OK Come find me on Instagram at It's Emily or it's Emily dot com or youtube at its Emily or Facebook and join me there and come check out my show Yes

Thank you Emily for being our special guest today Wherever you are in the world wherever you're streaming I hope you find the good in your day I'll see you guys on Monday and have a great weekend