

PROFESSIONAL
TROUBLEMAKER



with **LUVVIE AJAYI JONES**

Professional Troublemaker with Luvvie Ajayi Jones

Discover Your Purpose (with Sarah Jakes Roberts) - Episode 20

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Welcome to the Professional Troublemaker Podcast! This is the place where we help you cultivate the courage, authenticity and audacity you need to use your voice, take up space and live a life that is so bold, even your wildest dreams say #goals. I'm your host, Luvvie Ajayi Jones, New York Times bestselling author, sought after speaker and side-eye sorceress bringing you thought-provoking conversations with amazing people taken action, done scary things and rocked the boat to an audacious life. Like the late, great John Lewis said, these are the kind of people who are "Never, ever afraid to make some noise and get in good trouble, necessary trouble."

Before we jump into today's interview, know that this podcast is named after my second New York Times bestselling book, Professional Troublemaker: The Fear-Fighter Manual, which is available now wherever you get your books!

With this book and with everything I do, and I'm on a mission to help a million people live audaciously. To do that, they must fight their fear.

Think of it! A million people who are out there, standing on the edge of something great and need that little push of encouragement. That push to be the domino. To say the hard thing. To have the hard conversation. A million people kicking their fear to the curb and step into the life they've been dreaming of. A million people asking for a raise. A million people starting a fierce job they're not sure they're ready for. A million people doing something so big that their wildest dreams say goals. My goodness.

And that is what writing this book has done for me, what it's already done for those who are reading it and gifting it to others. This book has empowered people to say yes to things they were previously saying no to. It's empowered people to have tough conversations they weren't going to have before. People have asked for raises and promotions and gotten them after reading this book and finding the courage to speak up. The domino effect of what has been happening when a few people have decided not to live in the realm of fear has been amazing - think of what could happen if a million people stopped letting fear be the first factor in their decision making?

An audacious mission like that can't happen without you, so let's get this book in the hands of people who need it. Buy a copy of Professional Troublemaker for yourself, or as a gift for your friend who needs a push. I know it will change your life like it's changed mine and I know it will change the lives of all these people who touch it, because domino effects are real. Order Professional Troublemaker

(hardcover or audiobook) now at PROFESSIONALTROUBLEMAKERBOOK.com or wherever you buy books.

My guest today is bestselling author and businesswoman Sarah Jakes Roberts. Sarah is the daughter of Bishop T.D. Jakes and Mrs. Serita Jakes and pastors a dynamic community of artists and professionals in Hollywood alongside her husband, Touré Roberts. She is the phenomenal mother of SIX kids. And if THAT makes you wow, just wait until you hear her testimony.

We all know Sarah Jakes Roberts, the brand, the anointed and chosen Women of God, but today, she shares the adversities she's had to overcome that eventually led her to who she is today. We're talking teen pregnancy, a run in with the police, and an affinity for hip hop music. THE Sarah Jakes Roberts, she's incredible. Her story is so layered. If her story doesn't convince you that your life can change drastically for the better, I don't know what will.

We also talk about owning your story, and look, we talk about self-care. Let's get into it.

Conversation with Sarah Jakes Roberts

LUVVIE Sarah, thank you so much for joining me on Professional Troublemaker.

SARAH Thank you for having me. I'm excited.

LUVVIE Yes, so I'm always curious, when you were growing up what did you want to be?

SARAH It's not very exciting, but I wanted to be an administrative assistant. That was the one thing I wanted to be. Yeah, I know. I think having my son at an early age and I ended up dropping out of college, I just felt like this is the one thing that I felt like could provide stability and maybe I can learn from a professional, and then maybe move up from there. I just knew for sure that that's where I wanted to start. It's crazy.

LUVVIE What was five year old Sarah trying to be? Do you remember?

SARAH I don't. I feel like, and I don't know how deep we're going so fast, but I felt like there was just a part of my childhood that I completely wiped out. A doctor. A doctor. I can remember wanting to be a doctor. My sister was five... We're like 11 months apart, so we were always in the same grade and stuff. I can remember our graduation. I wanted to be a doctor and she was like, "I want to be a preacher." So, it's really interesting that my life ended up turning out the way it did.

LUVVIE When I ask that question to people on the show, a lot of people say doctor. I also wanted to be a doctor when I was five.

SARAH Really?

LUVVIE Clearly, we ain't make it, but it's okay.

SARAH We're [crosstalk 00:04:52] people though, in a way. In a way, we're already there.

LUVVIE Yes, a valid, valid point because usually people want to be doctors when you're like, "I want to help people," but we're helping people in a different way. What were you like when you were young?

SARAH I was very feisty, very lively. I had this really bright light. My sister told me all the time I used to steal her thunder just because when I came into the room, I was just the one who kind of just found a way to lift everyone's spirit, very helpful. I've always been someone who was like a problem solver, even if that meant swinging on doors to try and find something and getting a whooping afterwards. I've always wanted to figure out the solution to whatever problem was in front of me.

LUVVIE Wow, so you were the person who just instantly was magnetic.

SARAH Yeah, I was. Even adults. I used to get in trouble because I always knew grown folk's business. My mother would be like, "How you know they're going through a divorce, and I don't know they're going through a divorce?" For some reason, people always felt comfortable talking to me, and I made this space where they would just tell me things that were probably not appropriate for my age, but it continued to happen all while I was a kid. My daughter is like that now, too.

LUVVIE You know what, that actually just gave me an idea of a question I should ask people, what is the thing you always got in trouble for?

SARAH Yeah, come on Troublemaker, for sure.

LUVVIE Okay?

SARAH For sure.

LUVVIE Yes. Yes.

SARAH Mine always had to do with my mouth being in something it ain't had no business being in.

LUVVIE That makes two of us.

SARAH Yeah, my mother used to call me a motor mouth, honey. And then there was a season where they called Perez Hilton. Before TMZ was popular, Perez Hilton was popular. They were like, "Sarah, you know everyone's business." Messy. Being messy is what I got in trouble for.

LUVVIE So when you were in school you had all the tea.

SARAH Oh, honey, the teachers' tea, the students' tea. I knew what was happening with their mom, their parents were going through a divorce. I knew it all.

LUVVIE Oh, see we would have been friends. I'd have been on the freaking playground like, "Sarah, tell me today's tea."

SARAH We don't fool with them. We don't fool with them over there.

LUVVIE Your upbringing, you had this prominent dad, Bishop TD Jakes. You had your mom. You grew up in the church. What was week by week your life like?

SARAH There's a big bridge in my church experience. I moved to Dallas when I was eight years old. Before then, we lived in West Virginia. It was a family church. It was a family community. Everybody was auntie and uncle, so it was really kind of small and close knit. I did not mind being at the church because it just meant we got to play with our friends. When we moved to Dallas, 1,500 people joined the first Sunday.

SARAH I can remember us moving to Dallas, and in a way feeling like we kind of lost our parents because they got sucked into something that was bigger than them. We were still at church every single day, but we didn't have that sense of family. It was very much my sister and I kind of running the halls of the church. You know, choir rehearsal, usher board, trying to figure out where we're going to put these people who keep coming. It just felt like there was this big transition in which we lost that sense of family and community, and then started living in something that was bigger than us.

LUVVIE How did you handle it? How did it effect you?

SARAH I didn't handle it well at all. You know Luvvie, I don't have the church talents. At choir rehearsal I was sitting in the corner. I don't mind. I'm not a praise dancer. I don't play any instruments. So, I definitely already... There's already an isolation in being the preacher's kid, but then when you don't contribute anything to it at all, then I really felt lost and stuff. I love listening to the radio, so the stuff that I was singing, my brothers used to tell me I wasn't saved because I didn't know any of the songs they would sing on Sunday. But I could rap Tupac's latest song. I was just so into the culture, so I felt really isolated and lost because I just didn't know what saved looked like for someone like me.

LUVVIE That's a really good point, because people assume that preachers' kids just instantly have a place. So, you're saying you did not.

SARAH I didn't. I didn't. I did not have a place. Like I said, my sister wanted to be a preacher at five years old. That's how like she's a prayer warrior. I used to wake up as a teenager and my sister would be praying over me, because she just knew I had a demon because I was just not... I just wasn't connected the way that she was. There is always a group of kids like me in church, and I found myself connecting with them.

SARAH It's so funny. The other day, I was thinking about Ludacris's song "I want to lick you from your head to your toes," and I was 11 years old when that song came out, and I knew every single word to that song. I was like, it is no wonder I got pregnant at 13 years old because while everyone else was singing the Clark sisters, I was singing Ludacris. It was too much.

LUVVIE Yo, so okay, during that time, because you know we all got in trouble. There're all types of songs that we all got in trouble for singing, and we had no business singing. Remember, "I want to sex you up?"

SARAH Yes. Yes.

LUVVIE But none of us even knew what it meant. We were just like, "This is a bop." Meanwhile, we all got in trouble for it like, "What are you saying?" You're like, "I don't know what I'm saying." How did your dad, when he heard you singing non-church songs...

SARAH Okay, he never really heard me singing non-church songs. Here's something else to know, just about my upbringing. I know that mega churches and mega ministries, I know they don't have the best reputation because we've seen so much abuse from the pulpit. So, I realize that. Living behind the scenes of that, I have to tell you that everything happens so quickly that I really feel like my dad did the best that he could given this thing that had never been seen before, never had you seen this many people coming to church and him on the cover of Time Magazine.

SARAH So, I say that to say he was invited all of these different places to speak in stuff for a portion of my childhood. He would preach on Sunday, leave Sunday night, do revivals and services all throughout the week, come home on Saturday, preach on Sunday, and leave again. So, he didn't hear me singing those songs. My siblings and I were kind of the group/the clique, and my parents were trying to manage and balance this life that really consumed I think our family.

LUVVIE That has to be really tough too, because to your point, at that point Bishop Jakes is probably one of the first mega pastors. He was also charting a course. You, how did you deal with the shadow in terms of you're not seeing him often, he basically is everybody's dad?

SARAH Yeah, no that was tough. I even had someone yesterday, they asked me could they call my mom "mom" because their mom wasn't in their life. On one hand, you see people's pain and brokenness and you can understand how they gravitate towards something that feels like a mother or father figure, but on the other hand I'm still trying to figure out who he is to me as a dad. I feel like I saw him, in my younger years, more as Bishop than dad. I can remember having conversations with him where my sister and I would kind of be like, "We wish we could go back to West Virginia to the way that things were," because weren't under the spotlight. It was just like, "Oh, that's Sarah over there." So, living in the shadow was dark. It was dark, because there's this isolation and this feeling of being alone. I write about that actually, just feeling alone and wanting to find company with someone who was like, "I see you. I get you."

LUVVIE How was your relationship with your mom?

SARAH My mom, she is really the glue that holds our family together. She was the one... Bishop Jakes gets a lot of clout, but my mother is the one. I think she straddled the fence with traveling with him, but also being there for us. For the most part, she was there with us. I still think that they come from a generation where you don't know how to identify your feelings, and how do you feel about this transition, and how are you processing [crosstalk 00:13:42]. So, I'm equipped with tools now that she would have never had. I think that she was there, but I don't think she knew what to say or do.

LUVVIE Yeah, no that has to be tough. So, you at 13, you've talked about this a lot and it's part of your story, your journey, your testimony. You end up getting pregnant at 13.

SARAH Yeah.

LUVVIE Talk to me about... We all know the how, but talk to me about what got you to the point where you at 13 went and basically did this thing that I'm sure, and with the church, all the stigma that the church attaches to anything sexuality, you rebelled against it.

SARAH Yeah, okay. That idea of being disconnected from what it means to be a Christian, I felt really early on. I didn't necessarily feel like, "Oh, I need to save this for God." Or to be a good girl. I was just like, "Listen, I already am not connected to it," so if I'm dating someone and that's what they want to do, I didn't have enough conviction or boundaries within myself to say "We're not going to do this."

SARAH I went with the flow. I think that that [inaudible 00:14:53] from the time I got 13 for about 10 years, I had so many different what we would call "traumatic experiences", but I think it was just going with the flow that other people said. If he wanted to do it, I did it. I got pregnant, this is probably TMI for the Professional Troublemakers, but just it speaks to how young we were. My timing wasn't even broken. We were just messing around, and so when I got pregnant and finally my parents took me to the doctor, they were like, "She is pregnant, but it's not broken." I just think that speaks to we were just kids doing what we thought we saw on television or heard in music.

LUVVIE How was that moment? How did your parents react to Sarah being pregnant?

SARAH My sister wrote them a letter. I didn't tell them. My sister wrote them a letter in her handwriting and left it in the mailbox with no postage, but signed it anonymously. They were like, "Someone in the house wrote this letter." They asked me was it true. I said, I was four months pregnant at the time, and I had not really worked out how I was going to tell them I was pregnant. I think I was still trying to figure out what that meant to me.

SARAH I can remember though thinking that my biggest thing is I don't want to get in trouble. I'm going to get grounded. I don't want to get in trouble. It was their response that let me know that this is bigger than you're going to get a whopping. This is going to change your life forever. There was such deep grief because no one expects for their child to have a baby at 13 years old. Their sadness and their grief I think is what let me know this is beyond not ideal. This is something to be really sad and ashamed about, and I carried the weight of that shame and the guilt of disrupting their lives in this way that especially as a person of faith, especially as a Christian family could be deemed unacceptable for a lot of people.

LUVVIE That's a lot for parents to deal with. That's a lot for a 13 year old to deal with. That's a lot for anybody who [inaudible 00:17:04] to deal with. I know, again, we have language that they did not have. We have ways to deal with these complex situations that a generation ago did not exist. So, after the initial grief, what was the move forward?

SARAH They asked me what I wanted to do, like "Do you want to raise this baby? Do you want to give the baby up for adoption? How do you want to handle this?" I think that there were a lot of people in my family who felt like it would have been best if I gave the baby up, just because we could have probably hid it a little bit better. My mother was like, "Whatever you decide to do, if you want to raise this baby, I got you. If you want to give this baby away, I'll help you deal with the loss. You tell me what you want to do." So, my mother really was my shining star in that moment.

SARAH I decided to keep the baby. I didn't have therapy or anything like. My sister has always loved kids, and she tipped in and began to help me. She was like the step-dad. She was like my baby's step-dad, Malachi's step-dad. But she helped and we galvanized. One thing for sure, my dad told me, "If you keep this baby, you're going to have to hit the ground running." I think the idea of pressure and performance really began for me in that moment because I knew that if I was going to overcome it I'm really going to have to work harder than I've ever worked before.

LUVVIE You at 13 taking that on, my goodness.

SARAH Yeah.

LUVVIE Wow.

SARAH I don't know really... Yeah.

LUVVIE No, I'm just like... I'm just thinking [crosstalk 00:18:49]-

SARAH Everything... My daughter's 11, and I'm just now realizing how young I was to be like having a baby, because when you're in it you're just living it, but then when you see someone that age you realize how little you know about everything. At 13, your body's not even fully developed. You're not even who you're going to be yet. I have this way of, it's not healthy, it's something that I have to work through in therapy now, depressing my emotions and just showing up to do what needs to be done. So I was just like, "I don't have time to feel anything right now. I got to figure out how I'm going to take care of this baby."

LUVVIE So how did you? So the family rallied?

SARAH Yeah, family rallied. My mom would help during the day while I went to school. I went to school. I graduated high school early because now I'm like, "You got to get it. You got to go beast mode." I graduated at 16. I went to college not just in the fall, I took summer classes the moment that I graduated from high school. I took two summer sessions. I enrolled with all of the hours they would allow me to take in spring and fall. I did that same thing in summer, spring and fall, and then my sophomore year I was just completely burned out.

SARAH I think it was ultimately the emotional trauma I hadn't dealt with yet, and that need to try and perform well that caught up with the ending of sophomore year, and I completely dropped out which was just like, "Damn, you worked all of this time to get to this point, and now you're having to start over without the degree that you need to take care of this baby." So, I started [crosstalk 00:20:24]-

LUVVIE How old were you then, like 18?

SARAH 16.

LUVVIE Girl, you had already lived two lifetimes at 18.

SARAH I know.

LUVVIE That burnout was earned.

SARAH I started waitressing at a strip club after that, because you talk about a dichotomy, I was like, "I need cash. I need cash. Okay, later for college. We need cash. We need it now. We got to pay for daycare," because I knew, I was like, "I cannot tell my parents that I dropped out of college. I need to start saving money so I can move his house."

LUVVIE Girl, oh my God.

SARAH This is like a Lifetime movie.

LUVVIE No, it is a Lifetime movie. Those movies are based on the lives of real people because things happen. Things happen in our lives that sometimes we're not prepared for, and then we try to figure out the best way to do it. That's what you did. How long did you waitress at the strip club before your parents knew?

SARAH Like six months.

LUVVIE Wow. How'd that go down?

SARAH My mom said an uncle, he worked at the church at the time and he was like an uncle to me. She sent him to the strip club to see if I was working there. I think they had someone following me when I left campus, because I was still trying to finish out the year. There was one class in particular that I could not pass, which means I couldn't get into the business school, but I was still trying to complete my other classes. He followed me from school to the strip club, and I went to ask someone for their order and it was him. He was like, "Your mom wants to talk to you."

LUVVIE Wow.

SARAH "Come on back to the house."

LUVVIE Tell me where you go next. What happens next for you?

SARAH Oh Luvvie, we're going to be here. Okay, so they're disappointed I'm working at the strip club. I explained to them the class thing. I told them "I can't do it. I'm not going to be able to have this victory story after having the teen pregnancy. I'd rather figure things out on my own." I moved in with my boyfriend at the time. He was not a good look, but me and my son moved into the house, the apartment that my boyfriend was living in at that time. We ended up in... We got

married. We had a toxic relationship. It was terrible. We were married for about four years before I just hit another rock bottom again, and that's kind of the moment where I was like, "Okay, I'm going to have to really rebuild my life in a way that's honest and transparent about where I am, what I'm feeling and what I need in order to grow."

LUVVIE When did you find faith again? When did you find your anchor in God again?

SARAH In my previous marriage, there was this incident in which my husband at the time had brought a woman to our house. At this point, Luvvie, I'm just trying to hold on to this idea of I can recover from this. He brings this woman to the house. I'm cooking dinner. I look outside. His car is running. I go outside like real stealth mode. I roll up to the car and she's like, "I'm waiting on him to finish because we got somewhere to go," and I lose it in that moment.

SARAH I hop in my SUV and I start ramming the car over and over again, like forward, reverse, forward, reverse. They called the police on me. The police came and he was like, "What's going on here?" I was like, "Well, my husband brought his girlfriend to my house and I had a problem with that." He was like, "Okay. I'm not going to arrest you but you have children who are at home. You cannot act like this." I'm leaving the CPS office. He reported me to CPS. I'm leaving the CPS office. Now all of my worst fears of "You're not going to be a good mom. You ruined your life," are really within reach because CPS is questioning my ability to care for my children.

SARAH That's kind of when I was like, "God, if you're real, if you're out there, if you talk to girls like me, if there's any space in your world for someone who didn't do things well, I really, really need you. I really, really need you." I just had enough faith to say, "What would a girl who believed, what would she do with her life from here?" It was me activating that faith that really began to change my life.

LUVVIE Because I think people see you today and they don't know any of that. They just see you, Sarah Jakes-Roberts, the grand, this woman of faith, and not understanding that you are standing from all these different testimonies, all these different traumas and struggles, and strife. You fought your way to be this woman that you are today. I just hope people really understand that.

SARAH It's crazy because I spent more time as that girl who was ramming the cars and unsure of herself, than I had spent being Sarah Jakes-Roberts. It is surreal for me for people to look at my life and find it inspiring for them, or to think I just have this powerful anointing that is just so life-changing. I discovered it basically at the same time they discovered it, thanks to YouTube. There would be moments where I thought I was given a cute little speech, and then something would happen that was honestly the spirit of God just kind of taking over me. Those were the moments in which I realized okay, so God's giving me something that feels powerful and effective in helping people to understand who they are and who they can be in him. That really came as a result of me having these incredible challenging moments in my life.

LUVVIE From when you said this prayer and almost dared God to show himself-

SARAH Yes.

LUVVIE What happened next for you that let you know he heard you?

SARAH Well, I started blogging because this is once again, no therapy, so I'm like "I'm just going to write how I feel. At the end of it, I'm just going to say what a person of faith would say to someone like me." I was writing still then under my married name, and that blog ended up becoming very popular. It had a million hits in three months, and this is like WordPress, building it yourself. It's not fancy. There's no marketing behind it. My dad's not like, "I'm going to put money behind this brand." This is me in my previously married name, just like writing about what I was going through.

SARAH That was the moment when I really began to realize the power of sharing your testimony with someone, sharing your vulnerability and transparency with someone, and the beauty of what happens when we're there to present that to God. The more that that began to gain traction, then I kind of told people, "I'm also the daughter of Bishop TD Jakes," and then I wanted to mention I'm also someone who got pregnant at 13 years old, because I just kept feeling like these are things that could possibly disqualify me because people who aren't necessarily religious were following this blog. And yet, that didn't disqualify me in their minds.

SARAH It became another reason for them to feel related to because a lot of people feel like "If I would have grown up in that household then this wouldn't have happened to me." But what do you do when we all end up with shattered pieces, and yet we still desire to grow and evolve into something that is better than we were before.

LUVVIE Yes. Those things didn't disqualify you. They actually allowed you to double down on why people need to hear from you, because your story would not be as interesting, compelling, inspiring if you were like, "No, I've always got it right. I came from this place, from this visible family. My life's been great." People would be like, "Okay, thank you." But you are like, "I was in the mud."

SARAH Honey. Honey, yeah. I didn't think that that would be the reason why, but it is. That's why I'm so passionate about people not ignoring or avoiding those areas of their lives that feel like they have regret or shame over, because those are the specific areas that literally God has used to help me change so many lives, but most importantly to first really own myself and then to discover my purpose.

LUVVIE Yes.

SARAH Divided, you cannot find a whole purpose. A lot of times, we want a whole purpose, but we ourselves are divided. [inaudible 00:29:14] requires all of you, even the places and spaces of your heart that you are not yet comfortable with. Until you can embrace that, then all of you can't show up for this purpose that is going to change your world and ultimately the world.

LUVVIE Yes, a divided you cannot show up in whole purpose. What do you think your purpose is, if you could distill it down to a sentence or two?

SARAH My purpose is to create environments and spaces where people feel comfortable enough to see all of themselves, and then to grow from that place of the full perspective of who they are.

LUVVIE It fits Woman Evolved. You're always talking about who we were and who... Basically permission to grow to be the woman we need to be. When was the critical point where you became Sarah Jakes Roberts? Because all of this is happening. You're rediscovering your faith. You're finally getting your footing. When did it, because there is something that goes, "Oh snap, I'm kind of big deal now."

SARAH When I married my husband. When I married my husband now, who is amazing and I never had to ram no cars on nobody, will never have to-

LUVVIE Amen, Jesus. Amen.

SARAH Okay. And we thank him and we bless him. I started that blog. I started writing my stories. A publisher approaches. I go through a divorce. I share the divorce. I'm like "Listen, sometimes you got to choose yourself. I'm about to break another church rule, but I can't do it." So I'm sharing everything now. A publisher asked me to tell my story. I have a memoir, I'm traveling in different places just sharing my story. That's when I meet my husband. He and I marry. I move to Los Angeles, that is the Roberts behind Sarah Jakes Roberts, and my husband in the community that he founded here in Los Angeles, is so different than anything I ever experienced in church before.

SARAH I was like, first of all, people come to church in crop tops and shorts. I'm like, "This is not the Lord's will. Y'all need some clothes on. Where are the lap scarves? Where's the usher board?" Now all of a sudden this girl who didn't feel like she belonged in church wants to be the head of the usher board. There was just such freedom in that expression of God. The more I was like, "Man, you can really be who you are and show up in faith." When I started teaching my messages, I didn't feel pressured to say everything the church way, and to use church colloquialisms.

SARAH I can say, "Hey, I was listening to a Jay-Z song," and low key Jay-Z be preaching, because I found a scripture from Jesus. I was able to bring my knowledge of the culture, and my experience with faith into these messages. I think because we're here in LA where there are so many influences, that it really became where people were drawn to these messages that felt relatable to the times we live in.

LUVVIE You made church approachable. You brought God to the culture in a way that felt touchable to people who were like, "I can't quote a scripture, but I can quote Tupac." And God [crosstalk 00:32:25]-

SARAH But it could sound like a scripture. Yeah.

LUVVIE Facts. Facts. And you built this supernova name that is based on realness, honesty, truth, heart-led. I think that's actually what Christianity is. I think being Christ-like is to be able to relate to people and make people feel seen, loved, no matter what their background is, no matter what sins they feel like they have committed. So how did all of that bring you closer or change your relationship with your dad, who was no longer Bishop TD Jakes, but dad?

SARAH Yeah. He became dad in my transition where I finally had my breakdown. My dad, he's done interviews, he's said this publicly, he did not expect this for my life at all. I was least likely to succeed in anything faith-related. I think that it has made him realize that the way that God works is really unpredictable. He talks about all the time how our generation can be more transparent than his generation could be, and how that was scary for him at first when I started telling him my story. But now he sees how powerful and effective it is. So, he's super proud of me now.

SARAH When I got pregnant, all of that effervescent person that I was before I got pregnant disappeared. Sometimes he sends me messages and he is like, "Sometimes you smile and I see that little girl that you had to hide." That's been incredible to see.

LUVVIE Oh my God. I really do think the true version of ourselves is us around seven, and life steals it in different ways. It takes it away from us, and when we think about seven year old us, what did they like doing? What did they like listening to? How did they laugh? How loud did they laugh?

SARAH Yeah.

LUVVIE I think oftentimes we leave behind, but hopefully we reclaim that version of ourself because that is the truest version of us.

SARAH I love that. That is so true and so powerful. Sometimes as a woman, even with this book stuff, I've had to give myself permission to feel those feelings. I feel like once I got pregnant I didn't feel worthy of laughing out loud. I didn't feel worthy of being considered innocent in some areas, and yet I have had this moment in my 30s where I'm really embracing that child-like joy that is so pivotal and really soaking up life. Life is still out here snatching edges, and hope, and joy. So, if you don't bask in it when you can, then you are going to feel like everything is always so hard, and that's not always true. There are things that are joyful.

LUVVIE Yes. Yes, there are. Yeah, life does drop kick us in the face too often. Like be like, "Oh, you good now? Wait a minute."

SARAH 24/7.

Imagine being in an online space where people's foolishness doesn't make you want to fight the air. That might sound impossible with your current choices for social media, but I was sick of wading through nonsense to find like-minded people, so I created my own online community. And if you are the kind of person who is striving to be a professional troublemaker and fight fear, we need you to join us in that community, because you need people to cheer you on.

LuvvNation is my online community and app that is a safe space in a dumpster fire world. It's the place for the most thoughtful, funny, most chill deficient people on these interwebs. We're a community that comes together to make each other better with curated conversations, opportunities to connect, and challenges to help us transform and do better in every area of our lives. So, I want you to come in

there, join us. Become a citizen of LuvvNation. So go to luvvnation.com, that's luvvnation.com L-U-V-V-N-A-T-I-O-N. Download the app in the App Store or on Android, it's on iOS and Android and come on through! All right. Back to the podcast.

LUVVIE What's funny is you are my fellow three names person.

SARAH Oh, yes.

LUVVIE We got married. We ain't drop our last names. We just added a second one to it, like go on ahead and just use the full name.

SARAH And say all of them, please. Use all of them.

LUVVIE I be mad now. I'm like "Why y'all just put Luvvie Ajayi though? What y'all just not put the Jones?"

SARAH Yes.

LUVVIE Our books also came out a month apart. Also, we both have a deep love for the color red.

SARAH Do. Do.

LUVVIE We're also both talking about fear and why it's important to conquer it.

SARAH I know.

LUVVIE I love it. I love every bit of it.

SARAH Yeah, I know.

LUVVIE I was like, "Yes. Yes." I love your cover, by the way. I'm obsessed with book covers, just so you know.

SARAH Oh, come on now. Yours are good too.

LUVVIE I am obsessed with book covers, and a really good book cover just makes my heart happy. When I pulled yours up, I was like, "Come on face. Come on red. Come on flowers." The whole thing. I love the packaging.

SARAH That was done in the pandemic, and it was ghetto. It does not look as ghetto as it was, but the pandemic had just popped off. Amazon was not Priming anymore. All of the stores were closed. We ordered that outfit off of Amazon. We had a florist put together a wedding arch and the photographer zoomed in close, and were like, snap, shoot.

LUVVIE This does not look-

SARAH Thank you.

LUVVIE Like what you've been through.

SARAH The ghetto.

LUVVIE Because listen...

SARAH The ghetto. The ghetto.

LUVVIE It looks so good. I was like, "Come on face, give me snatched lip," the whole thing is giving me life. Why was now the time to write Woman Evolved?

SARAH Okay, so I've written books before.

LUVVIE Yes.

SARAH The last time I wrote a book was four years before this book came out. I kind of just got sucked into this literary world. I don't know if your world is like this, your side of the literary world, but there's just this pressure of once you drop a book, what are you going to write next, what are you going to write next, what are you going to write next. I was so happy to be at the party. I was like, "I will find something to write about. Just give me 30 days." So I got sucked into this vortex, and then I just realized you all have sucked the joy out of writing for me, because everything-

LUVVIE Yes. Yes.

SARAH You suck the joy out of it. The deadlines, the editing, the fighting for your content, I'm over it. I said, "I'm not writing again." In between that last book and this book, I think that my name and the following really grew. I became more intentional about who I was talking to. Long story short, when I first started speaking and sharing messages, because I wasn't hooping and hollering, I didn't get invited to a lot of black churches. I got invited to white churches. The people who were following me were black girls.

I was like, "I'm not talking to them." I'm doing all of this speaking. I'm running myself ragged. I'm away from my children and I'm not even talking to the people who are really a part of what's creating this swell in my social media. I was like, "I want to create an environment where they can come out, where they can feel seen, where we can speak our language and say it in our culture." So, I started Woman Evolved the movement. I had this epiphany about Eve that I felt like every woman should know. Woman Evolved the book is really just the capstone to the overall movement that started in 2018.

LUVVIE Because you have a conference, you have a podcast of the same name. It only did make sense to write the book. I like how you describe it here as "The most unappreciated woman in history is

Eve. We're so blinded by her mistake that we don't see how she gathered the pieces she had left and dared to revolutionize her life." Come on.

SARAH Come on, now.

LUVVIE Okay?

SARAH Come on, now.

LUVVIE Eve catches flack. People blame everything on Eve.

SARAH We do. Even if you're not a Christian, even if you're not a person of faith, even what we have seen politically for women all comes back to this moment in the garden. So, the rights that women are allowed to have... I think so much about equality just comes down to what happens in this garden, where the woman is blamed for what happens to the fruit that Adam ate from too but gets no blame for.

LUVVIE Correct.

SARAH It all comes down to this moment in the garden, and yet if you are a Christian, Eve is exclusively responsible for the fact that we have a Messiah, that we have Jesus. If we're throwing away Eve, we're throwing away a portion of our faith. I felt like as a woman who has had forbidden fruit, who knows better but hasn't always done better, Eve is the woman that I can relate to the most. The more that I speak to women, I'm like "You know better, but not doing better, that's that Eve behavior." Let's talk about how we move from being Eve into this version of ourselves that can really see that God is willing to still partner with us to bring change to the earth, but we have to do work in order to find ourselves worthy."

LUVVIE Come on. Come on. Say all of that. That's important. You're tackling fear also because I can't imagine how afraid you have been at multiple times in your life. What has kept you moving in the moments when you could have been paralyzed with fear?

SARAH My son. My son. I think God gave my son early so I wouldn't quit, because I needed something that was going to be bigger than how I felt in the moment. The fact that he didn't ask to be here, the fact that he still found a way to love me, he didn't see me through the eyes of someone who didn't know what they were doing. He's 18 now and six four, and 200 pounds, and he still looks at me like I did everything the right way, that same look he had when I held him at 14 he still has now. So, he was that piece of hope that kept me moving and pushing until I found something that felt like I'm going to do this out of my own strength and confidence.

LUVVIE Those who are not clear on what their "why" is, what would you tell them?

SARAH You are your "why". There is a version of you that you have not even met yet. That version of you is so powerful. You did not come here to be stagnant. Biologically, if we look into the world and the earth, and the way everything moves, everything is changing, shifting and forming. If you've come to a place in your life where you feel like "I'm no longer changing, shifting and

forming, it has nothing to do with you not being able to do it and everything to do with you being willing to unearth the next dimension of who you are."

SARAH That version of you, whatever you feel like you lack now, in this next dimension, this next version of your identity, everything you feel you lack now is awaiting for you to unearth it in that next dimension. So really doing the work to dig down to understand what are those mental barriers, what are my spiritual limitations, what happened to me that made me feel like this is all that life has to offer, and am I willing to take the breath that is a promise from God and apply it to the work necessary for me to show up as a light so that someone else who has felt stuck can no longer be stuck because I found a way to move forward too.

LUVVIE Yes. Do you remember any stories that stick out to you that people have told you about you have changed their lives?

SARAH Oh, man. I have a lot of them. I think especially with this book, this woman told me that in reading the book that it felt like she had what years of church and therapy were not able to accomplish in forms of breakthrough with the book. That's been powerful to me. Hearing women who are like, "I'm a little older than your demographic. I'm in my 60s, but I read your book anyway and I feel like a little girl again," this woman told me that she kept this picture of her at the best point of her life on her nightstand to remind her that she did have good days, not that she believed she would have any more, but she just wanted to look at that highlight. She said, "I finally put that picture in the drawer in my nightstand because my good days are still ahead of me. There is an awakening."

SARAH I know, an awakening happening, that I love.

LUVVIE That actually reminds me of something Devi Brown said when she was on the show. She was talking about she puts a picture of her when she was four, a picture she's typically hated on her wall, so she can walk past it. Remember that kid and speak love to that child. It helped her heal that version of herself and who she didn't appreciate.

I'm telling you, you represent a different type of healer and I think it's very clear for anybody who's on your platform or whose just interacted with you, or heard you on YouTube, because yeah in the days past we've thought of healers as these people who say all this insider language, who are like "Yes, I'm psychic," but there's a certain healing that happens when you see somebody who has been through life's trash and is now able to say "I'm here standing strong, and you can too."

I don't know if you really fully absorb it every single day, because you're probably just doing the work, but I hope you know that.

SARAH Yeah, I don't think I do. I don't think I do. I'm not going to get all deep with you on this here podcast situation-

LUVVIE Why not?

SARAH But okay, all right. Fine. Whatever. Here's the thing, I think it still is a worth and value thing that I have to work through in my own heart and mind to really receive that they are actually talking about me. Yeah, it's just really hard to believe. I'll tell you, I have a feelings wheel Luvvie, because my emotional vocabulary is very limited. I don't have time for the feelings, and so I have a feelings wheel to tell me how I feel. In the center is sad, happy, the big ones that we all know, but then it breaks out into smaller words.

During the book writing process, someone left me a comment and I was like, "I feel something. What is this?" I ended up landing on respected and valued, and I think that was the first time that I could really identify that that's what I was feeling in the moment. That really touched my heart or whatever.

LUVVIE Or whatever. Not the thug business "or whatever".

SARAH I'm not doing it. Or whatever.

LUVVIE No, therapy also gives the emotional vocabulary because yes, sometimes you just be like, "I'm mad. I'm sad. I'm angry."

SARAH That's it.

LUVVIE But there are some pieces that's like "I am feeling underappreciated." There're those words too that will come out. It's a values thing that we all have to work out in therapy because I think when you become a prominent, especially a prominent black woman, sometimes you have the imposter syndrome of "Am I going to get knocked off my square?"

SARAH Yeah, okay. All right, so this is not my podcast, but I would love to ask you questions since we're here-

LUVVIE Okay. Okay.

SARAH Because you are... I admire you so much. We DM'd about something. I don't know if we're going to talk... I won't bring up what happened, but something happened with another white influencer, and you left a message there that was so brilliant, so confrontational in a good way. It was professional troublemaking, like 101, like 505 okay? I don't know, it really made me see you as someone who has so much strength and so much ability to really say what needs to be said. There are moments where you make it look so easy.

I was thinking to myself, because when I saw the thing that happened I was like, "This is wrong. I know it's wrong. I can't exactly explain why it's wrong, but this is off." And then you said what needed to be said. Then you got so many attacks because I saw so many people comment at you afterwards. I'm just like, "How can we do a better job as black women of protecting the black women who feel like warriors in certain spaces? How can we help to just encourage, protect-" of course, I'm going to pray for you and continue to pray for you because what you're doing is so necessary and important.

SARAH But, just answer that question I didn't ask because you understood what I said.

LUVVIE I know exactly what you're saying. Yeah, those times... I always ask myself, "Would I be proud of my silence?" It usually will convict me to say something. I know that it might not always be welcomed, because even though what I'm saying is coming from a place of intention, thoughtfulness and really trying to make some real good impact, people might not receive it like that. So, it still sometimes requires me stepping outside of myself.

Now, what other people can do to help support the troublemaker whose speaking up, back them up. Honestly, there are so many times where you will say something and then after the meeting somebody will come up to you and be like, "Oh, I'm so glad you said it." You're like, "But didn't you tell me in the meeting?" There's a lot of that. But also again, the prayers... There's a black woman network that exists, that I actually want to bring together formally, of those of us who are prominent, who absolutely ride for each other, even when we're being quiet. That is so important that we have to keep going.

Being able to have another black woman be like, "I see you. I know exactly how you're feeling right now. You're going to get through this," is so important. It's why when sometimes if we get attacked publicly, us sending DMs to each other, or text messages and being like, "You good? How can I help you right now?" Game changing. Whenever I see a black woman in my network being attacked, you know when Twitter gets ridiculous or Instagram gets ridiculous, if I have their number I'm usually texting them like, "You all right? Listen, I know it's tough right now. I know you're in the eye of the storm. You're still okay. You're still valuable. Your voice is still necessary."

You need to hear it in those moments when arrows might be pointing your way. I think we just need to be unapologetic about riding for each other, quietly and loudly.

SARAH Is it too late for me go to comment on your comment on the post?

LUVVIE You're so stupid.

SARAH Because I'm with it. I'm with it. It was months ago. I'm going to comment on it [crosstalk 00:50:07]-

LUVVIE Oh, no she deleted it.

SARAH No.

LUVVIE She deleted the post. The whole post is gone. The whole post is gone.

SARAH Okay [crosstalk 00:50:16].

LUVVIE Oh, yeah, yeah, yeah she deleted the post. I think everybody's support also looks different. You hitting me up and being like, "Yo, I'm praying for you," yes, please. You got a mainline to Jesus? Go on ahead and let him know I'm going to need some armor right now. I think that's important. All support is not the loud support, let's be clear. It doesn't have to be the loud support. You don't need that all the time. You just sometimes just need a DM, "Hey, I got you. I see you," because what's lonely about moments when we are being attacked is when you hear nothing.

SARAH Yeah. Yeah.

LUVVIE When you hear nothing. Then you go, "Okay, dang. Am I by myself? But I'm always grateful for the sisterhood that pops up and goes, "Hey, I see that. Thank you for saying the right thing in a way the rest of us might not be able to know the words to say."

SARAH Okay. Okay, I will mind my business, but I have one more question to ask you.

LUVVIE Oh, look. Ask on.

SARAH As a person of faith, I feel like when you bring up faith on your platform people are always questioning your faith. How do you navigate that, because I think your take on Christianity and faith, and yet the patriarchy within faith, the silence, the conservative nature of some sectors of faith are often colliding I feel like in your comment section, especially when you bring up faith. How would you define your journey of faith, and I feel like the acceptance and openness you have, to every different walk that is a part of whose following you?

LUVVIE Yeah. I grew up with a praying grandmother who prayed three hours every day. 3:00 AM to 6:00 AM she's praying every single day. So if you were sleeping in her bed that day, you was pissed like, "Dang." You already knew. This woman's connection with God wasn't even like, "I'm going to judge everybody who doesn't." She just had this direct line where she was like, "I am protected. I am a child of God." Over and over again, wherever my grandmother went, she found favor.

There were no strangers. I'm talking, my grandmother could walk into a room with 10 military men who just finished torturing somebody, and they will see her and bow down.

SARAH Wow.

LUVVIE Had never met her. I would watch it throughout my life, and I'm just like "There's something about her that is special, that is otherworldly." I was like yes, "No, that's a God-like person." I've always seen faith to be a personal journey that was not about judging. What's funny is I wrote a book called I'm Judging You, and I wrote that book because I'm judging the way we judge each other about dumb things like what we look like, who we are loving, whether we love God right now.

What I am not judging is somebody's walk in faith and whether they do love God or no, because I do think it's a deeply personal journey for each of us to understand. From the time I've been little, I've always worn a gold cross around my neck. It's like my security blanket. As this person in the world, I am a Christ follower. I wear my faith on my chest, but I don't spew it out all the time and I don't use it as a way to other other people. So when I do talk about it on my platform, it's from a place of "Yo, this is where I am. You don't have to be there. I'm not even asking you to be there, but this is where I am."

My journey is a testament of God's grace. I'm always like, "Yes, I'm talented, but I'm not so talented that I'm the only reason why I got here." That anointing is definitely bringing me forward, pushing me forward. Yesterday, I posted a prayer that I say all the time that's like, "Let

my helpers find me, and let me be able to receive their help." People were like, "I've been saying this prayer since you first posted it, and it helps me out."

I think there are times when the best thing we can do about our faith is to live a life that God would be proud of, and hopefully does bring people closer to God, but if it doesn't, hey it's their journey. I respect it.

SARAH Yeah. I really feel like that's the space we have to be as faith leaders. I feel like as an emerging faith leader, that one of the things I often think of as we are navigating all of these different social issues, even as it relates to same sex, transgender, all of these things that the church has historically weighed in on in a way that really caused trauma for a lot of people that we have to come to this place where we're willing to say, "This is your journey to walk out with God. This is on you and God to come to a place where He gives you theology for your life, and to understand that the theology that God gives you for your life may be different than the theology God gives me for my life."

God told me to get a divorce when I was married before, and now I'm standing in the "why" of that. There are still some places in which they're like, "You're divorced and you can't come speak here." I hoping that we begin to see a pivot in faith that allows people to really have encounters with God, and not just us.

LUVVIE Yes, and I really think people weaponize faith in a way that is, to your point, traumatic for folks.

SARAH For sure.

LUVVIE The God that I follow, the Jesus that I follow is one who says "I created you in the way that I think you should be. If that means you think you need to change the assignment that you were given at birth, then I respect it." The God that I follow is one that's like, "You're loving another human, okay. So what that they have the same genitals." I think so many times Christians make the mistake of creating boxes for God that God didn't create.

SARAH Yeah.

LUVVIE For us as people in this world who are walking amongst each other, I think the most harmful thing that we can do is choose to make enemies of everybody's way of love.

SARAH Yeah.

LUVVIE We do it too often, and I'm hoping that we do less of it. I see God as a freeing being, not one that creates cages for us.

SARAH Yeah, and I think [inaudible 00:56:44] people are like literally ending their lives over a perspective that we are enforcing, that we're doing something wrong. We're doing something wrong and we have to be willing to really revisit that, because at the end of the day we want to save souls, not ruin them.

LUVVIE Come on, correct. Correct. That's why I'm like you're so important-

SARAH Okay, I'm finished with the Woman Evolved podcast.

LUVVIE That's what I'm saying, y'all need to listen to Woman Evolved podcast, after you buy the book. Make sure you buy this. My audience loves reading books, and I think this is going to bless their whole spirits. If y'all love my book, even if you didn't love my book, you need to go buy Woman Evolved, and then listen to the podcast so you can stay in community with Sarah because she be dropping all the jams all the time. I be like, "Come on. Preach to us."

Question for you is, you're doing all of this and living this purpose-driven life. How are you taking care of yourself?

SARAH Breathing. Real intentional breathing, reminding myself to stay connected to my core, and also saying no. I know that we hear that a lot, but actually saying no, even when I've already said yes, not being afraid to take back my yes because I've over-extended myself or over-tagged myself. That has helped me a lot. It's all of the things we talk about, but actually putting them in action, the boundaries.

Listen, I keep Fridays completely clear like we're not doing meetings, we're not doing interviews, not because I don't have anything else to do, but because I want to be able to be free enough to do those things. So really, understanding what helps me to function. I call it "Soul Care".

LUVVIE Yes, absolutely. Soul care, the know the boundaries. Are you an empath or no?

SARAH I am. I am. It's hard, too. It's really hard. With the kids and everything, because we have six kids. I feel badly when I am disappointing people because I can imagine how they feel in any given moment, and I try to remedy those feelings but I'm also learning that I don't want to interrupt what God is doing in their life. But yeah, I am. I pick up on what people are feeling and try to respond.

LUVVIE Fun fact, I am too. I just found out.

SARAH Really? Wait, how did you just find out?

LUVVIE I just found out. I did not realize I am an empath. I was talking to my therapist a few weeks ago and she goes, "Are you an empath?" I was like, "I don't know." Child, I Googled it. I was like, "Yep. Yep, mm-hmm (affirmative). That's me. I'm an empath." I was like-

SARAH Well, I mean if you think about the work you do, you kind of have to be, right? Because you have to connect with where people are and really fight for them, especially in a book. In a book, you have this argument, but then you have to support that argument and you have to think about other people's experiences that would keep them from accepting that argument you're presenting. So, I can see that. How did you feel when you found out you were an empath?

LUVVIE You know what, first of all I was like, "Goddammit."

SARAH Like I need one more thing to be or do.

LUVVIE One more thing, because being an empath, absorbing people's energy... I am intuitive already. I can feel people's energy in that if you're upset, and I didn't even know you were upset, I would be able to be like, "She's not okay right now." Something would just tell me "She's not okay." "Are you okay?" So, I don't know, when I go to parties it exhausts me. I thought it was just because I'm an introvert, but it's because I'm taking on everything everybody is doing, which is why I usually will go sit in a corner or run into my room and nobody sees me for the rest of the night.

SARAH Yes, I love that. I love that.

LUVVIE So, I am an empath.

SARAH My team hates it. When I ask my team how they're doing, they can't just say "Fine," to me because when I look at them I'm like, "And tell the truth," and then we end up talking about how they've been triggered in some way. It's beautiful, though.

LUVVIE It is a beautiful thing. It's a superpower. I think that's what makes people connect to our work, because they feel like we're speaking to them because we basically are.

SARAH For sure.

LUVVIE So, that is a gift. It's a superpower that works. It's why we write books that people buy over and over again. It's because they're like, "Oh snap, that's how I feel." So, empaths can use our powers for good, which is what you're doing. For self care, do you also like massages? Have you ever tried Reflexology?

SARAH I have not. I do massages, but I've never tried Reflexology. What's the difference between that and the regular-

LUVVIE Reflexology focuses on your feet and your hands, because there's major organ pressure points in both. It's literally just a massage of your feet and your hands for an hour. I just did a 90 minute one, but it's also... It's amazing. I think you should try it. I've done it once so far and I was like, "Oh, I definitely got to do this again."

SARAH Was that in Arizona when you left all of us peasants and went to your-

LUVVIE Yes. Yes, girl. When I-

SARAH When I tell you Luvvie bounced on us in the middle a whole, America. Luvvie was like, "You know what, be a Troublemaker, and I'm going to be a Peacemaker somewhere." What is the next book, Peacemaker? We need to meet. What is this?

LUVVIE Sarah, let me tell you how hard I vacation. I left for 10 days. I went by myself. My husband didn't go with me. Nobody went with me. I just sat in my room for 10 days in Arizona and had a whole bunch of spa treatments. You want to talk about recharging batteries?

SARAH I bet.

LUVVIE I didn't take on nobody's energy because there was nobody's energy to take on. I think people need to do it at least... Even if it's for two days, just a staycation somewhere, just you by yourself in a room ordering in, and that's it.

SARAH I love that.

LUVVIE It is game changing.

SARAH My husband and I went to Mexico. We dropped all of our responsibilities and went last week or the week before last. Usually, we go away and my kids are like "They're going to come home early." They were like, "Y'all didn't come home early." I was like, "Come home early?"

LUVVIE No.

SARAH "We wanted to stay longer, really. What? Be glad that you have us at all. We wanted to stay gone."

LUVVIE Exactly. Exactly. You're like who is going to come home early?

SARAH But this year, not just like... So, you've got a book launch right, and that's its own form of abuse. It is its own form of abuse and gratitude, because you can't complain about it because you know you're doing stuff that other people would love the opportunity to do, but also abuse. Then the pandemic and the political climate, and just it's been too much. Life is really more taxing than it's ever been.

LUVVIE Correct, which is why we have to run away, even in small spurts-

SARAH That's for sure.

LUVVIE As much as we possibly can. I'm like, "Yep, it was necessary." I hope you get to run away for at least a day.

SARAH Me too.

LUVVIE Just go somewhere for a day. Tell the children and the husband you shall return shortly.

SARAH I love it.

LUVVIE And disappear.

SARAH I'm going to.

LUVVIE My last question for you is, what do you think a Professional Troublemaker is?

SARAH A Professional Troublemaker is someone who recognizes a flaw in a system or structure, and decides that they are going to be the one who does not look the other way, even if that means making everyone else uncomfortable.

LUVVIE Yes. Yep. Yep, I love that. You are a Professional Troublemaker, because you saw a flaw and you were like, "I'm going to be the one that actually does not succumb to that." I really appreciate how you show up over and over again as a woman of faith, as a leader, as a human in this crazy world and right now. You are constantly giving people hope that they are never going to be defined by their worst days or their biggest mistakes.

SARAH Thank you. That means a lot to me coming from you.

LUVVIE Oh, I appreciate you, sis. I am so happy that this book is out in the world. I'm going to be curling up with it shortly on one of my days of where, "Don't nobody talk to me. It's me and the book."

SARAH Nothing new.

LUVVIE It's me and the book. It's me and Woman Evolved. I am rooting and cheering you on. You are such an anointed person. Listen, always in your corner cheering you on, praying for you, and hopefully when the pandemic is done we can be in the same room.

SARAH In real life. That would be great.

LUVVIE In real life. In real life.

SARAH I have to tell you, the feeling's completely mutual. I am always just listening to different speakers and podcasts, and your name is constantly coming up in the most unexpected spaces. I just think that is a testament to how you have invaded so many different systems and structures, and given voice to people who would otherwise be voiceless. So Luvvie, I have to tell you thank you for the work you're doing and how you do it with so much courage and vulnerability, and comedy because you bring light when you do it as well. So, thank you.

LUVVIE Love you.

SARAH I love you.

LUVVIE Glad to have you on. My audience just got blessed by a lot of good things.

SARAH Thank you. Bye, boo.

LUVVIE Bye.

Now, THAT's a testimony. I'm always amazed when guests feel comfortable enough to share their full selves and their stories with me – especially the stories they haven't told as often in other spaces. You know, Professional Troublemaker and this podcast is special because people show up with heart, leading and such vulnerability, and I really appreciate that. Part of the reason I do this is because I want people to see that what glitters is not always gold, and Sarah Jakes Roberts' story is an example of all things coming together for good and the power of discovering your whole purpose

through even every experience in your life. And that takes humility and grace. And not only is Sarah humble, but she is an amazing speaker, writer, and now a bestselling author!

I want you all to go buy her newest book, *Woman Evolve: Break Up with your Fears and Revolutionize your Life*. It's available wherever books are sold. And if this episode blessed you, please go on her platform and show her love. Tell her what this meant to you. Follow her on Instagram she's at @sarahjakesroberts and on Twitter at @SJakesRoberts. I want y'all to flood her comment section and show her love and thank her, because what she did on this show I think is going to be a blessing to so many people.

Thank you for tuning in to another episode of the Professional Troublemaker podcast. If you loved what you heard, make sure you're subscribed to Professional Troublemaker in your podcast platform of choice. And share it with people. Let them know it is dope.

Also, order my namesake book, [PROFESSIONAL TROUBLEMAKER: The Fear-Fighter Manual](#) anywhere that you buy books. I especially love when you buy it from independent bookstores. So go to [ProfessionalTroublemakerBook.com](#) for more. Because this book is game changing, and I'd say that even if I wasn't the one who wrote it.

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Until next time, have the courage to speak your truth and show up as yourself. Create good trouble.