

Confidently Cherished Episode 138: 5 Things High-Value Women Don't Do

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Do you ever get a word or a phrase or even an idea just constantly stuck in your head? It keeps popping up either from you randomly thinking of it, or you keep seeing it on social media or people around you say something related to this thing and you just can't seem to escape it. Well, that is what happened to me recently, and that is what is inspiring this episode. Welcome to Confidently Cherish. My name is Keshia Rice. I'm a dating coach and hypnotherapist. I help successful women learn how to heal from their unhealthy relationship patterns so that they can attract cherished healthy relationships. And this idea that has been stuck in my head is, is simple, but it's not easy.

So many things in our lives are simple but not easy. And when you're someone like me, you know, you are in the space of self-development. You're coaching, you're helping other people live their best lives. Um, this is one of the hardest things about the job because oftentimes, you know, women approach me and they ask me for advice on a certain situation. And the answer that I give is something that is simple. And because they hear something simple, they think, well, that can't be all there is to it, right? Um, because if that were all there was to it, I would've already done it right now, done it by now, everything would be solved. I'd be happy there wouldn't be this issue. But just because these things are simple, that doesn't mean they're easy. Like we know that we'll have better health outcomes if we take more steps every day, right? Not necessarily the 10,000 steps a day that you hear. That was part of a marketing campaign from a while ago. But, you know, I know people who do 7,000 steps a day. I know people who do 15,000 steps a day, and that is simple. All you have to do is walk. But at the same time, you know, I believe if you, if you did hit the 10,000 steps a day, is is the equivalent of walking.

I believe I heard it was the equivalent of walking almost two hours a day. So, you know, people don't necessarily have a lot of time to do that. So I'm telling you all of this because today's episode is actually about

Five simple things that quote unquote high value women do. And yes, I know people are over the idea of high value men and high value women, but just because social media messed something up doesn't mean the concept in its original intent wasn't true, right? <laugh>, um, and I do teach women how to be their most valuable selves. You know, the greatest relationship you have is the relationship with yourself, and then everything else pours out of that. So it is important that you become the best version of you, that you love yourself. And then, you know, once you do that, it becomes so much easier to bring in the great relationships. So let's talk about these five things that high value women don't do. And all of these are, again, simple, but depending on your past, maybe not as easy. Number one is oversharing. You know, just in general, women are in society expected to be talkative, expected to, you know, have the conversations, make all the connections we're expected to share, right? We're expected to do the sisterhood thing and gossip together and tell each other's secrets and all of that. Although I will say it is my personal experience that men are huge gossips as well. Um, my dad is probably the biggest gossip I know, but nevertheless, this idea is ingrained that like we have to

Constantly share everything and tell people everything to make deep connections. And then you have social media where people have normalized going on Instagram, going on TikTok, and literally crying about their day. I get it. And on one hand I encourage healthy vulnerability at the same time. One oversharing is often a trauma response. It is a Hail Mary attempt at building connection with someone who previously has not shown you as much of a willingness to build that connection, which means that you are giving someone something that they don't appreciate and you are also giving off desperate energy. The other thing about that is when we're talking about feminine and masculine energy, the masculine likes a little bit of a mystery, likes

Having

A puzzle to solve. And if you truly want to be magnetic, if you want to be more attractive, part of that is

Allowing people to earn getting to know you. And that means not telling all of your business from the start. It means taking the time to let people build trust with you before you share a whole lot of your personal life. And there are plenty of ways that you can do this. You can keep your answers shorter in conversation. You can curate the things that you talk about. You can take some time, sit down with your journal and say, these are the subjects that I'm willing to discuss. This is how much detail I'm willing to go into these and have that planned out so that when you have conversations, you don't stray from it. You can also get people to talk more about themselves by asking them questions, getting them to open up instead of you being the one to do that. Number two, high value. Women don't play games. This is one of the things that bothers me so much about Instagram and TikTok. As much as I love both platforms, um, there is so much content online right now about how to manipulate a person, and I have mixed feelings about that. On one hand, I do think the content should be out there because

You, in watching it may learn ways in which other people are manipulating you.

And you know, oftentimes this is a first step for a lot of women. I have plenty of clients who've come to me and they say that they were motivated to see a coach because they came across a video. They realized that the relationships that they've been in up to this point lack boundaries, um, lack mutual respect, involved a lot of game playing. And now they want to, yes, avoid getting in relationships like that in the future, but they also wanna explore themselves and make sure that they don't have that in them. So having this ability to stay away from the game playing and to be open and honest with people, um, it makes you more attractive. It also gives you more peace of mind in your relationships knowing that people are with you for you and not because of some psychological warfare you took out on them, right?

You know, it is also a matter of, I I say this all the time, I don't ever want a woman to play hard to get. I want her to be hard to get. You would not have to play games if you genuinely were that girl. You know what I mean? Um, and by that girl, I don't mean that you have to have perfect hair or the perfect body or any of that, but if you had high boundaries and high standards, and if you stuck to them and you didn't compromise on those and you were confident that you could find someone who met those standards and who respected your boundaries, you wouldn't need to play games.

Number three is compromising yourself. Which kind of follows from this idea of not playing games when I first start working with my clients. Um, and of course my one-on-one programs

the same as this podcast, confidently Cherish is the name. When I start working with my clients, the first thing that we work on is establishing, you know, what is it that you need in a relationship? What is it that you want in a relationship? What are your deal breakers? What are, you know your standards? And it is so important that you hold onto those. And when I say, hold on, I don't mean that they're set in stone. Um, as you grow, as you mature, as you develop, some of those things will change. Some things will fall off, some things will become more important. Um, your priority list will shift all of that. But being able to uphold the boundaries that you have at this moment is so important.

And not compromising yourself because there's a part of you that worries that you aren't worthy of what it is that you actually want. You know, I think of this often with clients of mine who are celibate or abstinent. And don't get me wrong, I, we could do a whole nother episode on sexuality. Um, it's a personal choice how active or not active you wanna be. At the same time I see it happen so often that women will say they wanna be celibate and they have their reasons, whether it's religion or whether it's just, you know, not wanting to attach to a man too quickly. You know, there's a whole host of reasons for abstaining from sex and they will say, this is what they want. But then the second a man sweet talks them, they end up in bed with him. And it is because this craving, this desire for affection for someone to truly love them, that is stronger than the boundaries and the standards that they've set for themselves. And until you fix that issue, you will constantly find yourself in these cycles of unhealth unhealthy relationships. Number four, we are, yes, we are on number four, <laugh>. Um, number four is high value. Women don't feel the need to constantly justify themselves. Um, in fact, I'm not even gonna give a long ex explanation on this. No is a complete sentence. If you don't wanna do something, if you're not comfortable with something, you don't have to give people a million explanations as to why no is complete sentence. And the final thing that high value women don't do is make excuses for another person.

It is important that when we go into this realm of love and dating and relationships, that we find a good balance between our head and our heart. Because yes, you can be extremely attracted to someone. Um, you can think that on paper they're a good match, but if you find yourself constantly having to justify being with them, that's a sign that you shouldn't be with them. You know, I remember dating a guy years ago that, you know, I grew up in a family that's very punctual. Being on time is considered late, being early is considered on time. And I remember dating a guy who was always late every time we went out, every time we were supposed to meet, he was late. And I remember complaining to a friend about this and she was saying that she was surprised that I put up with it knowing how I grew up.

And I used to always have these excuses. You know, he's really busy at work. Uh, they're always asking him to do extra projects and to stay late or where he lives is on the other side of town. For me, I'm sure traffic was heavy. And finally I had to get to the point where I loved myself enough to tell myself he's always late. 'cause he doesn't value your time. If he truly valued your time, he would make more of an effort to be on time. Like, it's one thing to occasionally run late, like yes, accidents on the highway happen and things like that. But if it is every single time you meet this person, they're late. That person doesn't respect you. And I found myself constantly making all these excuses and finding all these other ways to justify

when he did the bare minimum. I would point that out to my friend as proof that he actually cared.

If he actually cared, I wouldn't need to do that. So those are the five things that high value women don't do. They don't overshare, they don't play games, they don't compromise themselves. They don't justify themselves, and they don't make excuses for other people, particularly not for men. So let me know, have you ever been guilty of any of these things? Um, you can head to social media, you can head to Instagram, TikTok or YouTube, um, at Keshia Rice on all of those. And you screenshot this episode and let me know what you think. Talk to you soon. Bye.

Hey there. So you made it all the way to the end of the episode, which means I have two things to say. One, thank you so much. I truly appreciate it. And two, you like me, you really like me. So I would appreciate it if you would show that like by subscribing to this podcast so that more people can hear about it and enjoy it as much as you do. And if you want to know more about any of the links that I on this episode or any guests that I've had, be sure to go to keisha.rice.com/links. That's K-E-S-H-I-A-R-I-C-E.com/links. I can't wait to talk to you again in the next episode. So see you then.