

## Blog #4 Favorite Podcast

For a while I did not listen to many podcasts. I was typically a music listener on my commutes. One day, I was talking to someone at my job and she shed some light onto the importance of using my time in the car efficiently. This really spoke to me because although listening to music is enjoyable, putting on a podcast stimulates the mind and helps prepare you for the day ahead.

This is when I started listening to The Mel Robbins Podcast. I have always heard of her and what she has to offer but never took the time to give it a listen until this day. This podcast really changed my perspective on my life. It motivated me to take full control of my day to day activities and made me realize that my life is what I make out of it.

In the past, the only podcasts I would listen to were ones on YouTube from popular influencers such as Alex Cooper, Alix Earle or Jake Shane. Although all of their podcasts are very entertaining and are a great watch, the Mel Robbins Podcast speaks to me in a different way. If I am feeling unmotivated and need some uplifting, this is my go-to and I instantly feel like bettering myself in every way possible. From time to time, I do still put on the fun podcasts, it is always fun to hear about the latest gossip, their opinion on certain situations and their dynamic with celebrity guests. It allows the viewer to get a feel for their personality beyond just the content they post on Instagram and TikTok.

My favorite episode of the Mel Robbins Podcast is the first one that I had ever listened to, [How to Make 2026 the Best Year: 6 Questions to Ask Yourself](#). This episode in particular opened up Pandora's box for me. It kickstarted my journey into reinventing myself and holds a special place to me.