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Annie: Hi friends! Welcome to another episode of That Sounds Fun. Y'all better buckle up today. This is gonna be a fun one. I'm your host Annie F. Downs and I'm so happy to be here with you. This is a great show.

Before we dive into today's conversation, I want to tell you about one of my favorite partners, [Christian Appalachian Project](#). Y'all know I love CAP. May is Mental Health Awareness Month, and each year millions of Americans face the reality of living with mental health challenges. And did you know that there is a quarter the number of mental health providers in the Appalachian region compared to the national average? Y'all, that is so hard to believe. It's such a problem for our friends who are ready to seek help but can't find it.

That is where CAP comes in to help fill the gaps. They serve families and help children who are dealing with the impacts of a variety of trauma. Last year, CAP provided essential mental health services to more than 900 individuals in Eastern Kentucky, which is just awesome.

Counselors at CAP often help individuals with chronic multi-layered problems, and recently CAP's family life counseling services expanded into additional Appalachian counties. These caring counselors are committed to the value of the individual, the importance of families, and the wisdom of spiritual beliefs and principles. The work they're doing changes lives, it strengthens communities and creates a ripple effect for generations to come.

Let's help bridge the gap and provide mental health care to our neighbors in Appalachia by giving to CAP. Visit Christianapp.org/mentalhealthtsf. That's Christianapp.org/mentalhealthtsf. We get to be a part of the solution.

As always, if you don't remember that link and you're listening in your car, listening on the treadmill, we've got it linked in the show notes for you and always in the AFD Week in Review email that goes out every Friday.

Intro: So today on the show, I get to talk with my friend Kim Gravel. Oh you guys, y'all are in for a treat. You may know Kim from QVC or from her Docuseries on Lifetime, *Kim of Queens*, which y'all, when I list my favorite reality shows, *Kim of Queens* is like top three. I loved it so much. She has also been a frequent guest on the Steve Harvey Show. She's an author, successful entrepreneur, motivational speaker, life coach, podcaster, and leader in the fashion and beauty industry.

Kim and I go way back, like 15 years ago way back, when she invited me to speak on the team track at a conference she put on, and I have loved her ever since. Her

new book, *Collecting Confidence: Start Where You Are to Become the Person You Were Meant to Be*, just came out at the end of April. And today we talk about her career journey, women in leadership, calling, and what she's learned about confidence in it all. Y'all are going to love her. And this is such a fun one.

Y'all, if you want to know my match in energy and volume, it is our guest today. So here's my conversation, buckle up everybody, it's me and Kim Gravel.

[00:03:04] <music>

Annie: Kim Gravel, I can't believe we're saying welcome to That Sounds Fun, but welcome to That Sounds Fun.

Kim: It's been a while, sis.

Annie: What a dream. I cannot believe you're here.

Kim: I can't believe I'm here either. I'm telling you, I'm walking around this office going, Wow, dang, girl. God is good.

Annie: Listen, I mean for people to know, we have been friends since the season before I moved to Nashville, 2008.

Kim: Ah.

Annie: You and your singing group Beloved-

Kim: Beloved.

Annie: ...literally probably one of the first three people to ever hire me to do anything in this world.

Kim: What?

Annie: Yes. So thank you. I mean-

Kim: No, you're a powerhouse.

Annie: What you are seeing is the fruit of you believing in me when nobody did.

Kim: Oh, Annie.

- Annie:** I mean that. I can do this because y'all said, "We'll give her a shot with our teenagers."
- Kim:** Sweetie, you are a natural. You were born to do this. This is your calling this. Come on. You know this.
- Annie:** Well, it is very fun. But I'm glad to see you again. I think last time I saw you was at the airport in Philly.
- Kim:** In Philly. You were like, "I gotta go."
- Annie:** You were like, "I'm going to QVC."
- Kim:** Gosh, that's my second home away from home.
- Annie:** Yeah, right. I mean that Atlanta-Philly flight must be your life.
- Kim:** I know. I could fly the plane.
- Annie:** Yes. Right. Okay, so I want to jump into your book. We're going to talk about everything but your new book-
- Kim:** Let me tell you something, the struggle is so real. Writing a book is like birthing triplets with no epidural.
- Annie:** I haven't done that but I've done some books and I've heard it feels like a birth.
- Kim:** It is. It is. I recommend everybody write something and put it out somewhere because it's the most vulnerable thing you can do.
- Annie:** I mean, you've done TV, you've done pageants, you've done singing, this is more vulnerable?
- Kim:** Oh, girl.
- Annie:** Really?
- Kim:** Because it's there and it's forever. It's there and forever. And it's something that didn't come naturally to me. You know what I'm saying? A lot of times when we're in these places where God's going, "All right, I need you to step out, not an inch, let's go ahead and just jump off the cliff." That's what He did with this because I didn't go chasing this, it found me and I'm like, "Oh." I'm a stubborn meal.

Annie: That's kinda you're story, right?

Kim: I'm a stubborn meal. I am thick. I'm thick in the furs and thick in the head. I'm just not-

Annie: The Lord just hasn't knocked on your door.

Kim: Man-

Annie: Jobs, opportunities, all of it. I mean, the story of your husband-

Kim: I just don't get it. It's like you got to take a break and knock me upside the head.

Annie: It's so interesting.

Kim: I don't know why that is. Because I'm Enneagram eight and I just feel like I've got to be in control. Or I'm just not, you know, takes me a minute.

Annie: Yeah, that is fascinating. The first line I wrote down from your book, you said you're not holding a book, you're holding a mirror.

Kim: Right.

Annie: What? I mean, I went like, Oh... I'm telling you, when I read that line at start of the book, I thought, "Oh, this is different than I thought it was gonna be."

Kim: Oh, was it?

Annie: Yes. I thought, "Oh, she's not telling me her story. She's telling me my story."

Kim: Yeah.

Annie: That's what you've done.

Kim: And we've all got one.

Annie: Yeah.

Kim: And that's the beautiful thing. But what I've learned, which I don't know much... Look, I'm not a counselor, I'm not a psychologist, none of that, and I'm not that smart, but I am the wisest person I know. And I'm gonna tell you why I know I'm wise. Because I don't know nothing.

Annie: Wow.

Kim: And when I realized that, and I started looking at my life through the lens of what God has for me and what God allows me to go through, and all the mistakes and the messes I made, I realized, you know, those mistakes they don't mess you up, they make you up.

Annie: Oh, wow.

Kim: So when I came from that point of view and when God really showed me that, I thought, "Wow, I've lived some life. I've got something to say yes." And so does everybody. So does everybody who reads the book. And that's that mirror when you get real with yourself.

Annie: The title of the book is *Collecting Confidence*, which I think is really interesting because it isn't earning, it isn't building, it's taking all your experiences and collecting up your confidence. Women... I mean, I feel this, but the struggle of how do I balance being confident and not looking like a b-word, how can I be confident and not prideful?

Kim: Well, there's a big difference. And I will say this. Confidence waxes and wanes, it ebbs and flows, it's up and down. But true confidence we know comes from the Lord. I mean, that's just... I know a lot of people who walk with the Lord and have absolutely no confidence.

Annie: Right. Right.

Kim: I know a lot of people like that.

Annie: Right.

Kim: And I think we're in a crisis of confidence in this world and especially in this country-

Annie: More in the faith space or anybody?

Kim: I think everybody. Because I think we're all the same, just in different ways. All of us experience the same kind of loss, the same kind of heartache, the same kind of misery, the same kind of depression. We all go through those things, right?

Annie: Yeah.

Kim: But I think what makes it different is when you learn your why, you learn who you are and why you're here, the why gives you the confidence to move forward. And that can only be found in the Lord. But you know, I'm in the world and not of it, so I'm in a really big world that's not everybody's believer. I always say this. I'm a woman of faith. If you're not, that's okay, but you're still created fearfully and wonderfully made.

Annie: Yeah, that's right.

Kim: Okay, because everybody can connect with us. So we're all the same in different ways. But confidence comes from... I think we're born with it. Because don't you remember when we were younger? I know for me, I would take the hairbrush and I'd look in the mirror and be like, "Why will I know..." I just belt out Whitney Houston. Right?

Annie: Right.

Kim: I was free.

Annie: Yeah, that's right.

Kim: And then life happens, trauma happens, for some people, it's abuse. For some people it's emotional bullying, whatever the case, life happens and it chips away and it robs us of our confidence. The world is a confidence sucker. It tries to take every bit of that innocence and that knowing that you were created for something special.

Annie: Yeah. Because confidence is what makes you unique from everybody else, and the world is saying conform.

Kim: Conform. Get in the box, baby. What box do you fit? And I've never fit in a box and still I'm trying to fit in, I'm like, "Where's my box? Where's my box?" Because I've always been a loud, gregarious, opinionated, Southern woman, which is now basically the devil. Everybody will tell you, you know. But if you're that, in a world I grew up, in the church world, that was not... you're supposed to be soft-spoken and you're supposed to be submissive. And I am a submissive person to the Lord and to my husband. I am. But I'm a loud and proud. And I never fit anywhere.

Annie: That's why quiet time never worked for me. For years, I didn't have a quiet time because I was like, "What would you like me to do? When am I quiet? You want me to sleep? I'm quiet when I'm sleeping. That's about it." I just felt like so much of what I caught or I was taught, either way, I don't know whether it was taught to me or I just caught it from what I was smelling around me, I just thought, Christian

women were meant to be... that I needed to rein myself in about nine times more than I knew how to..

Kim: I was told that.

Annie: Wow.

Kim: And look, I don't hold that against anybody. You know what you know and you do what you do based on what you know. But the closer I started walking with the Lord and the more really life and death situations has happened in my life, real stuff, not just stuff that happens, but just real moments where I had to say, "Okay, I can't do this by myself and I'm gonna need some help," those are the moments where I really... my confidence, I was like, "Oh, I'm braver than I thought. I'm stronger than I thought."

Annie: Wow.

Kim: "I'm a co-creator in my life."

Annie: I love that in the book: the co-creator concept.

Kim: So I can do this. I mean, with me and God, there's nothing we can't do.

Annie: Listen, I mean, you and I have talked about this before we were in here but like, I love the idea of let's just bet on ourselves. Because-

Kim: You said that and I was like, Come on with me.

Annie: I am always gonna bet on myself and I will fall on my face, and I will take some people with me over and over. But I've bet on myself because what do I got to lose with the Lord?

Kim: Nothing.

Annie: Right? Nothing.

Kim: Girl, He'll never leave us. He'll never leave us. And the thing is, is that's the enemy. He always wants us to make us feel isolated, like we're the only ones, that no one else feels this way. I mean, but even you and I talking today, I'm like, "Okay, there's another woman out there. Like, she's loud. She's proud." Which I knew this about you. I've known this about you for 20 years.

Annie: Thank you.

Kim: But when we all come together and start having these conversations, that's when our confidence starts building, we start supporting. I cannot tell you, everybody within the sound of my voice right now, if you are breathing and you're not six feet under, you ain't dead, you ain't dying-

Annie: That's it.

Kim: ...there is something huge for your life. And look, like you said, I'm afraid to do half the things I do but I do it afraid.

Annie: Do it afraid. That's it. Okay. So if everybody's got something big for their life, does big always look the same? Does it look like a TV show?

Kim: No! Oh, no. No. Uh-uh. Big is what God has for you. Big is being effective and being fulfilled. To me laying your head down at night and going, "You know what? I'm doing what God wants me to do.

Annie: I'm worn out, but-

Kim: If you have that in your heart, if you have that desire, and you have to check your motives... You know, I have to check my motives all the time, because I'm a type-A person. And just because I can do it don't mean I need to do it. But there is something big for your life. Whatever big is for you. Don't settle.

Annie: It's really interesting to think about... because even when you talk about... in the book, you talk about parenting as your calling, which is kind of like a move to say that. Right?

Kim: I know.

Annie: Because there are people who say, From when I was five years old, I knew God was calling me to be a wife and calling me to be a mom.

Kim: I think He would tell you that. I think the Bible would tell us that if that was the truth.

Annie: Right. Right. So what do you do? So when I was reading that, I thought, now, what people say to me is since God called you to be single? And I'm like, Well for starters, in no world. I'm going to heaven fighting for this and that. This ain't my calling. This is my current situation. But if your calling isn't your life place, what is your calling?

Kim: So a calling is not an occupation, okay?

Annie: But it's also not a relational status.

Kim: It's not a relational status. It's not what you do. It's who you are. It's why you were created. We were created to have relationship with the Lord. Okay, we're gonna put that there. We're gonna say that. I'll say that again during the podcast. We already know that. So why you are here is a very specific reason. And a lot of people, including myself, got that confused. I thought my purpose and calling was to sing or to be an entrepreneur. That's what I'm doing in my calling. Your calling is why.

You can drill down your calling to about a couple of words. For me, it's to build. And I tell the story about where I could trace it back to my childhood and understand I thought I was supposed to be a singer. But really what I was doing I was building and to edify. That's really what I'm called to do. So I can do that in my relationship with my husband, I can do that in my businesses, I can do that in my friendships, I can do that in my, you know, my neighbor friendships and just dealing with my children.

So your why is your call. It comes from the word vocation, or vocare, which is a Latin word to call. And often say this. When I'm traveling and I'm speaking and I say to the audience, I say, "Everybody raise your hand if you think the majority of people have a purpose." Every hand goes up. And then I say, "Okay, put them down. What is yours?" The crickets. It's the biggest question. "Why am I here?" question mark I think it's the biggest question we all have. And when you can figure out what that is, oh, buckle up, buttercup because you're getting ready to fly.

Annie: That's it. That's what I love because I love the... The reason that stood out to me is there are so many of my friends who are not mothers, but they're called to mother, but they didn't birth them and they didn't adopt them-

Kim: They're nurturers.

Annie: ...but they're mothering. Right. So I love the permission you give to like, yes, if you're married with kids, that is part of what you're meant to do with your life. So don't do that because you're going to after-

Kim: You got to do that.

Annie: Yeah, you got to.

Kim: Welcome to the battlefield as a mom.

Annie: That's right. You got laundry, you got also... And yet the calling thing... I had a relationship, I don't know, it's a year ago, a year and a half ago.

Kim: Oh.

Annie: And I said to my counselor, I was like, "I think why this one is so hard for me, even though this wasn't very serious, is I thought we were building something, and I love to build."

Kim: Oh, I know.

Annie: So having this realization of like, Oh, part of my calling is building.

Kim: Girl!

Annie: And going like, Oh, no wonder breakups may be harder for me because I think we're building something. And I love building. And then all of a sudden you tell me, we are building something. And now not only am I not dating you, but also you've busted into my calling by us not building anymore, you know?

Kim: Annie, that's good.

Annie: So having sorted out what your calling has also really helped me understand my grief.

Kim: And you know what? Now, this might be my next book.

Annie: Come on.

Kim: Because I think God has a purpose for relationships. It's not just to get married and procreate.

Annie: That's right.

Kim: I truly believe you have to be doing something towards like... His calling and your calling have to be aligning and going together. You're right.

Annie: I thought you were a dating coach kind of person. You just haven't ever done it?

Kim: Listen, you know, honey, I used to do that on Steve Harvey. And I tell these girls, "Look, play hard to get. Men like what they can't have."

Annie: I'm terrible at that. Actually, I was like, I'm around.

Kim: They gotta be chasing something, honey.

Annie: Oh, Lord.

Kim: They gotta be chasing.

Annie: See this is-

Kim: That's book two.

Annie: This is your next book. This is your next book. Get our confidence up, get us in our calling-

Kim: And let him chase you like a dog in heat.

Annie: Yeah, that's exactly right.

[00:16:31] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick. Take a deep breath, it's a chance for me to share about one of our amazing partners, [Prose](#). Okay, instead of just browsing the shampoo and conditioner and trying to find the one that's best for me, I switched to a custom routine from Prose and it was one of the best things I've ever done for my hair. And the results I'm seeing just keep getting better.

Prose is the world's most personalized haircare and I'm telling you it makes a difference. Join the over 1 million people who've taken their hair consultation quiz, which you know, we love a quiz on everything from the climate where you live, the issues you have with your hair, your hair type and texture, and your eating habits.

They analyze 85 personal factors and then handpick clean ingredients to get you closer to your hair goals with every wash. Because of Prose, my hair is softer, stronger, and more manageable than it has ever been. They took my answers to their in-depth hair quiz and created a unique formula for my answers. And if I ever need to change my answers, you know, because the seasons change or my hair changes, their "review and refine" tool allows me to go in and just tweak my information so I can make sure I'm getting the most helpful to me formula.

As a carbon-neutral certified B Corp, Prose is an industry leader in clean and responsible beauty. All their ingredients are sustainably sourced, ethically gathered and cruelty-free. They are also the first custom beauty brand to go carbon-neutral,

which I love. If you're not 100% positive Prose is the best haircare you've had, they will take the products back no questions asked.

Custom-made to order haircare from Prose has your name all over it. Literally your name is on the bottle. It is so cool. So take your free in-depth hair consultation, get 15% off your first order today. Just go to prose.com/thatsoundsfun. That's prose.com/thatsoundsfun for your free in-depth hair consultation and 15% off.

Sponsor: And I have one more amazing partner to tell you about, [Sundays For Dogs](https://sundaysfordogs.com). Yep, this one is for the dogs in your life. And I'm not just talking about your Georgia Bulldogs. I'm talking about your puppies. I know you've put time and energy into thinking about what to feed yourself and your family, so don't forget your dogs.

Sundays For Dogs is healthy dog food that's easy to store and serve for your little guy or gal so they get a meal that both tastes great to them and keeps them around for a long time. Sundays is air-dried dog food containing 90% meat and 10% vegetables and 0% synthetic nutrients. Besides USDA beef and all-natural chicken, it has digestive aids like pumpkin and ginger, plus disease-fighting antioxidants. I mean that sounds good to me.

Fallon's dog, Teddy, is a big fan of Sundays For Dogs. You know Fallon. She runs the That Sounds Fun Network and is the co-host of our favorite Snack podcast. And can you blame Teddy? With all those ingredients, who wouldn't be a fan? All the dog moms and dads out there report noticeable health improvements in their pups. Plus every order ships right to your door so you never have to worry about running out of dog food ever again.

Unlike other fresh dog food, Sundays is zero prep, zero mess, and zero stress. Sundays is shelf-stable, which makes it easy to feed your pup, top-quality food. Done and done. We've worked out a special deal for our dog-loving friends. Get 35% off your first order of Sundays. Go to sundaysfordogs.com/thatsoundsfun or use the code THATSOUNDSFUN at checkout. That's sundaysfordogs.com/thatsoundsfun. Again, sundaysfordogs.com/thatsoundsfun. Upgrade your pup to Sundays and feel good about the food you feed your dog.

And now back to our conversation with another Georgia Bulldog, Kim.

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Annie: You do tell this really beautiful story in the book about when you were sorting out... your first marriage had ended, which I think you write about that beautifully. So many of our friends who have experienced divorce for themselves or in their lives.

Kim: I take full responsibility.

Annie: Yeah. Well, yeah, I mean, you just do a beautiful job of telling about it.

Kim: I was so fake.

Annie: That was what was interesting to me is you said, "He was always who he said he was. It was me who..."

Kim: I was fake, fake, fake as a counterfeit dollar bill, baby.

Annie: Were you confident?

Kim: No. You know, being an Enneagram eight and also being a woman and always trying to fulfill that hole that was inside of me, because I always never felt enough. I never felt like, "Okay, I'm enough. I need to get married. That's what you do. That's the next step." And also, I liked how he made me feel. So he was a player, ball of shot collar.

Annie: Right.

Kim: So I kind of played into that narrative a little bit. That's why I take full responsibility for it. But at the same time, I'm so glad, Annie, that I went through that so young because... I can actually say thank you, God for that mistake. I really can. A lot of people don't learn from their mistakes. And like I said, I'm thick, so it takes me a little bit. But when I came out on the other side of that, I knew who I wanted to be in a relationship.

Annie: Oh, wow.

Kim: And I think that's... because everybody says it takes two hats to make a whole.

Annie: No.

Kim: Mm-mm. So it takes two whole people to make a relationship. I'm not so sure. It takes someone knowing the humaneness of who we are. And if we come at people through that lens of humaneness... No, I'm not talking about new agey. I'm talking about you look at people as human beings and not as what they can do for me or what they're going to add value to me or how it's gonna make me feel. That's what I was able to do after that divorce. I looked at people as just people, including myself. So the expectation went way down and I started getting fulfilled through my relationship with the Lord.

Annie: Will you tell the seagull and the frog?

Kim: Ah, that's my daddy. You have a daddy like that, don't you?

Annie: Yes.

Kim: I think every dude should have a daughter. Because you look at relationships in women completely different. My dad and I are thick as thieves. Through my divorce, he would call me every morning at 6 a.m. just to check on me, because I drove an old beat-up pickup truck is when I got out of the divorce. And I lived in an apartment off of Jimmy Carter Boulevard.

Annie: Yeah, come on.

Kim: I want to check out... I mean, it was on the wrong side of the track. And he would call me every morning. I just felt defeated and I felt like a failure. First ever divorced in my family at 23.

Annie: What people can read in the book, too, is you're 23 years old, you had just been in the Miss America Pageant. And literally-

Kim: I mean I was on high. I mean, I might as well just jump out of a... You know, I was just high as a kite, you know, just out there living the dream. So when I got divorced, my dad would call me. And one morning he came over early, brought me coffee before I went to work and he had this picture of this seagull and it had this frog legs sticking out of the seagull's mouth and was choking out the seagull, and it said, "Never give up."

Annie: I love it.

Kim: I've been choking that seagull ever since. That is such truth when it comes to when you're walking with the Lord. There's so many people listening to this right now they feel like that frog getting swallowed up by that seagull. For lack of a better word, it's dark time sometimes for a lot of people. It's hard to stay confident, joyful, you know. Just saying-

Annie: Right. Right.

Kim: Much less have the courage and the strength to step out into our calling. But I will tell you this, if you figure out what your calling is, Annie, and you move forward, in that, you will have supernatural energy, you will have supernatural joy, you will have supernatural love for people that you can't stand.

Annie: I mean, that is how you have arms to put around the seagull's neck is if you're like, I know I'm called to this. This is my life. So we got to chuck the seagull because I gotta get out of here.

Kim: But don't you feel that way sometimes?

Annie: Yes. One of the examples that came to mind is Ashley will read us emails that people send in that are so kind at staff meetings on Mondays. And words of affirmation goes so far. And also, I know what I'm called to. So tell me all the nice things and tell me all the main things and I'm not going anywhere because I know what I'm called to.

Kim: But again, the main thing is I would say, you're human. That's what makes you connect, Annie. Okay? Connection is the biggest commodity we have. It's not money, it's not our looks, it's not what we write, it's not even what we say. It's the connection. So when you connect with another human being with whatever you're doing through calling because we all know you've got a big one, that is the ultimate satisfaction. That's the ultimate payment. That's the ultimate of fulfillment like none other. When you are doing what God put you on this earth to do and it connects.

Annie: Oh, man. The first time I walked offstage after one of our tour events summer of 21, I walked offstage and I was like, "That is the most Annie thing I've ever done.

Kim: Come on with it.

Annie: I was like, we have to do that for actual ever because that is... I mean, you have so many different things, TV, QVC, I mean, *Kim of Queens*, which we are going to talk about, one of my favorite television shows ever, singing, and all the... writing a book. Is there one that you're like, This is the one that makes me come the most alive?

Kim: No.

Annie: No. All of them.

Kim: All of them are. I'm doing what I'm called to do.

Annie: Wow.

Kim: So I tell everybody-

Annie: Because they're all building.

- Kim:** They're all building. So write down your calling in a sentence, in a mission statement in two words, and everything you do in your life, when it goes back to that... Like when I parent my kids, I am a terrible disciplinarian. Awful.
- Annie:** They go to their dad, you get to pay for that?
- Kim:** I'm not the fun mom. You know, I'm like, "You got to do that homework." I'm just a drill sergeant. Right? So I'm a terrible parent in that. I just suck. I just am so bad at it. So for me, I think, okay, well, I'm not building. How do I discipline from a builder's point of view?
- Annie:** Wow.
- Kim:** So everything I do goes back to that calling. If it doesn't build, I don't do it.
- Annie:** How do we find those two words? Some friends who are listening that are, you know, 45 and they have two middle schoolers and they're trying to figure out, yeah, I don't know those two words.
- Kim:** I know. It's hard. It's hard. It's taken me a lifetime to do it. My best friend, Amy, who's here with me, she did it too. Hers is to bring order.
- Annie:** Wow.
- Kim:** But you can trace it back. And we talked about it in the book. You trace it back to when you were young. We're born with this calling and we're born with confidence. What happens is that we start losing it. So the beautiful thing about looking back, seeing what the Lord has done in your life, tracing your moments back. You can see that thread that has been all throughout like a big old quilt. It's been throughout your whole entire life. And it'll speak to you when you start thinking about your... You gotta get a little bit selfish. You got to hold the mirror up. You've got to hold the mirror up. You gotta start looking at warts and all. And when you do that, you'll see that recurring thing come and come and come and saying, Hello, I'm here.
- Annie:** Right. So you look back and went like, "Oh, I've always been building."
- Kim:** I mean, I can trace it back to my fifth-grade talent show.
- Annie:** So then when you are raising your boys, you're going, Okay, the best thing I do is build. How can I handle this situation about a soccer game as a builder?
- Kim:** Right.

Annie: Brilliant.

Kim: Well, then on top of that, I already know what my oldest calling is.

Annie: Oh, do you?

Kim: He's soon to be 16. His is strength.

Annie: Wow.

Kim: He's just strong. He's strong of mind. He's strong of body. He's strong of character. He's just strong. I mean, even when he's on a sports team, they call him the clutch player.

Annie: Wow.

Kim: When a crisis comes in, they put him in and he's strong. Get the team, gets off mentally, they put Bo in, start talking, he's strong. And I think, "Oh, does he know that?" So I'm trying to speak that into him now. Your calling is strength? You're a person that brings strength into a situation. So when you know your calling, it's easier to kind of pinpoint other people's and see what other people are.

Annie: So how old is your second son?

Kim: Fourteen.

Annie: Fourteen. So are you seeing it in him yet? Are you able to call it out?

Kim: I'm just seeing him as just a fun dude. We just hope that he don't go the red solo cup party way.

Annie: And if he does, you can call him back.

Kim: We call him back.

Annie: Yeah, that's right. Listen, all of us survived with the red solo cups. We're all gonna be fun. We're all gonna be fun.

Kim: And the fact that you knew what the red solo cup meant.

Annie: Yes, come on. I'm from Georgia.

Annie: So I think what I'm thinking about is our friends who are seeing that their kids and they want to call good things out in their kids without assuming who they're going to be. How do we find that balance of like, "Man, I want to tell you you're strong, but then he says, "I don't see that in me " or "I'm not sure about that." So with your second, you're not calling a word yet.

Kim: I don't know exactly what that is yet. He's such a giver. So I don't want to speak to that and then he'll give everything he's got.

Annie: That's it. That's it.

Kim: He'll take the earwax out of his ear and give it to somebody if they need it. I mean, "Mom, I've got a kidney, a friend needs a kidney."

Annie: Right.

Kim: So, you know, I will tell you that when you parent from a place of your calling, the moments that you have with your kids, for me, has been so... I'll tell you this. I'm gonna start crying. You're gonna make me cry my lashes off. The other day we were driving down the road and I was talking to my eldest, his name is Bo, and he said, "Mom, I'm a believer." I said, "Okay, you know, I mean, we're in church world. Oh, that's awesome. Oh, that's so special."

I said, "Well, what do you mean by believer?" And he said, "I mean, I believe. You know, I've been baptized. I know Jesus is my Savior. I know you and dad, you know, you've raised us this way." He goes, "I'm really a believer." I said, "Okay, what does that look like?" He's like, "I believe God shows up for me." And he said, "I want my friends to know that too. And I don't know if he called a name, one of his friends and I don't know if he's a believer. He was like, "I know, he believes that Jesus died on the cross for our sins, but I don't know if he really believe He'll show up for Him."

And I thought, "Okay, Kim, what do I do?" You know, because as a parent of a teenager, like, okay, don't say nothing. Don't make any sudden moves. happen. They'll shut up and never talk to you again.

Annie: That's right.

Kim: Because I mean, this is a deep conversation. I'm like, yes. So I thought, from my point of view, as my calling, I said, "Well, son," I said, a statement that "share what God has done for you and been there for you." Like a specific basketball game, he really showed up for Bo. I said, "Share that." And I just remember pouring into him and building him up and saying, "And have the courage to do that." And I was just

building him up, building him up. Long story short, he did. It's been just a great movement on the team.

Annie: Wow.

Kim: But it's those kinds of moments that when you come from a place of your calling, I was speaking into his calling, which has strength, and giving him the courage and the strength to go out and share that. Do you see how it works?

Annie: Yes. Yes. That's beautiful.

Kim: It's simple. It's simple. But we miss it so many times because we're trying to be the best parent. You know, I'm a terrible parent.

Annie: I don't believe that.

Kim: Girl-

Annie: I don't believe it.

Kim: As much as I'm in control, I'm out. Do you know what I'm saying? The passion goes both ways. It's one of those things where if everybody would just get turned on to what they're meant to do, how much easier, funner and more fulfilled will we all be?

Annie: Is that why the enemy tries to steal it from us?

Kim: The enemy is a lie. Jerk.

Annie: Right?

Kim: He does it for me all the time. He tries to get me not to edify and build up. I mean, he works overtime to really just attack that thing. And that's another way you can really realize, and I said in the book, when everything seems to be going wrong, you're doing something right.

Annie: Right. right.

Kim: If you're not resisting it, the things that you're okay, all right... Like coming to Nashville, I don't want to go. I'm tired. I'm exhausted. I don't want to get up. The very thing I should be doing I don't want to do. Ain't that biblical? Is that David or Paul? One of them.

Annie: Yeah, one of them. Yes, you're exactly right. And it feels like for me that, and tell me if this rings true, often I feel like when I'm feeling the most pushback is when the Lord's about to. Something is about... So I'm always like, man, if we're...

Kim: That always scares me to death.

Annie: I love hearing you say that. Because me too. It scares me.

Kim: And I'll just sit there, "I don't want to do this. I'm so tired."

Annie: What is the next thing you're gonna ask me?

Kim: Lord, can't I just sit at home and have a burger and relax and watch reality TV? Don't you feel that way?

Annie: Yes. Yeah. Yeah, absolutely.

Kim: People think, oh, living your calling is fantastic. Everything is perfect.

Annie: When you're in a dream job you never work a day in your life. I'm like opposite.

Kim: I'm exhausted.

Annie: Opposite. We work really hard. And I have mom friends who work in their homes and they're exhausted because they're in the middle of their calling. I think if you're in the middle of your calling, you need more sleep. You need more sleep.

Kim: But you do have supernatural energy. And I will tell you, it's not easy. I'm not gonna say, Kim, you're so nice. I'm not. I'm not a nice person. I'm a realist. But I'm the rubber meets the road. When people's like, "Kim, "I'm gonna do this?" I'm like, "Do you? Do you really?" Really know what you're asking for? But I will tell you, once you get on the path to your calling, you're not always happy but you're fulfilled, you're whole and you have joy.

There's two things I love to do, Annie, is laugh and eat. And I can tell you I have had the most joyful experiences on this journey I've had. I do 50 million jobs, I wear 50 million different hats, but it's that joy of the Lord that keeps me going.

Annie: Your schedule. The amount of traveling places you go. I mean, you go to QVC how often?

Kim: Well, not as much anymore. After COVID we started doing it from our house.

Annie: Oh, that's nice.

Kim: It's nice.

Annie: Well, you know what? I saw that. This is a stalker. I saw that on Amy's Instagram because she's always at her house when she's doing on QVC.

Kim: Listen, and I'm that type of person. If I know what I'm called to, I'm dragging all y'all with me.

Annie: Yeah, that's right. That's right. That's right. Will you talk about what you do at QVC a little bit?

Kim: We have an apparel line and a makeup line. God is blessing it and it's wonderful. Listen, we're building an army of women, a tight twelves and loose fourteens.

Annie: I need you to know that my friend Aaron and I share clothes and that is why... I'm like, This one you're about to get is a loose 14. That's our language.

Kim: It's always in between. You're always like, I would love to be a tight ten in a loose 12. I'm praying about it.

Annie: A tight 12 in a loose 14.

Kim: but that crumble cookie you just gave us didn't help.

Annie: So tell me why motivating women to be confident... Why.. I mean, this has been your thing from girls in pageant.

Kim: You remember this.

Annie: Yeah. Why is this part of your calling, of building?

Kim: Because who runs the world? Girls.

Annie: I mean, that's a little bit true, right?

Kim: It's not a little bit, it's a lot of truth. And you know what? I'm 51. And if you don't like it, you're wrong. Because who run it?

Annie: Yes.

Kim: Because I live with three men, so I never sit on clean toilet seat.

Annie: I bet. Sorry.

Kim: And I'm sorry but I'm telling you God made a woman because He knew He needed some help. I mean, we just run it. And the older I get, the more I know that. Listen, I'm not this crazy. I'm a girl's girl, for sure. But I will tell you, when mom ain't happy, nobody's happy. Let me just tell you, you can believe what you want to but women make it happen. Period.

I don't need to preface that. I don't need to read no scripture about it. I know what God says about when God made a woman. Okay?

Annie: Yeah.

Kim: Women carry such a load that men will never carry. I'm not a dude so I can't speak to that. But let me just tell you, as mothers, sisters, caretakers, now career women, women who are called, we wear so many hats. And let me just say every woman listening to this right now you're doing good, girl.

Annie: Every woman, listen, you're doing better than you thought you do. You are. Ten years ago you had no idea you'd be doing any of this.

Kim: I'm gonna give you an example. I'm gonna prove your point. Do you remember when you had a picture of yourself like 10 years ago?

Annie: Uh-huh.

Kim: And you looked at it 10 years ago, I'm like, "I wish I could lose 15 pounds. I'm so big." And you look at it now and think, "Oh, gosh, I wish I was that weight 15-

Annie: Sure. Sure. You're like, in high school you thought that was... you thought-

Kim: Hindsight, I was the bomb. I should have been in a thong running around.

Annie: Yes, yes.

Kim: It's that kind of thing. We do so much more than we know we do.

Annie: Yeah. I think it is really interesting. The thing I've been noticing is things like Sabbath rest and things like fasting feel like disciplines the enemy is particularly tried to steal from women. Because he tries to... I mean, prayer, he knows he can't do anything about that. Like grandmamas pray. That's it. That's just-

- Kim:** Honey, and you know. And you know.
- Annie:** We're all here because somebody's grandmother prayed. But the enemy has tried to convince women we can't fast because we have food issues and body issues.
- Kim:** Oh, Annie, that's a whole nother podcast.
- Annie:** Right? And I'm going, No, can you be confident enough that you can actually go after the spiritual disciplines God gave us? And get a team around. I mean, anytime I'm fasting, my counselor knows, my doctor knows, my pastor knows.
- Kim:** You're gonna team up their intervention.
- Annie:** Yeah, yeah, yeah. I'm not fasting in secret because I know my history with food and with my body, but I'm not letting the enemy steal that discipline either. So part of that, to me, is the confidence you're teaching.
- Kim:** I was gonna say, and you can't let the enemy steal your confidence. Let me just tell you something. For such a time as this, meaning, oh... and we can go wait if you want to, because I've been every size on the scale. But food is such a comfort for me. I will be honest with you. I'm from the south and we used to eat. It was so comfortable, it was family, it was fun.
- Annie:** It's how we celebrate and how we grieve.
- Kim:** It's how we celebrate and how we grieve.
- Annie:** It's all of it.
- Kim:** It's all of it. But at the same time, you know, think about it. We live in a different time. We're putting so much pressure on ourselves to look a certain way, to be a certain way. My grandmother wasn't no size two.
- Annie:** No.
- Kim:** Okay. I mean, what I'm saying is, that's not our worth. It's not our calling. Our calling is not to look pretty and just to be young.
- Annie:** Because you know, I'm not talking about what my grandmother wore. I'm talking about how she prayed. I do not remember what she-
- Kim:** I was scared of my grandmother.

- Annie:** Yeah. I mean, I remember her going to the Lord about stuff.
- Kim:** Because she called me and said, "I'm gonna tell you something, Kim. The Lord done told me don't..." I'd be like, "Oh God, I can't do it. [inaudible 00:38:32]. My mom does it too. So what I'm saying is, is that don't be afraid to step into that boldness. Because you are.
- Annie:** Because that's what you're gonna be remembered for. You're not gonna be remembered for your pant size. Come on.
- Kim:** And let me tell you something. People want it. Oh, Annie, people are hungry for Him. They are hungry to know somebody that knows them. I can't tell you. I get this all the time, because I'm in the second world. So many people say, "I know you're close to the man upstairs." They'll say that to me all the time. And that is the best compliment.
- Annie:** I know.
- Kim:** You could say to me, Kim, you've lost 20 pounds, and I'd be like, Oh. And people say, "I know you're close to the man upstairs." I'm like, "All right." That's my real accomplishment.
- Annie:** You really have built so much of your career... I mean, you're in a Christian singing group, Beloved, that I love-
- Kim:** Oh my gosh, sag them and not drag them.
- Annie:** I loved it. I loved it. But I mean, *Kim of Queens*, one of my favorite reality shows ever.
- Kim:** Annie, did you really watch this show?
- Annie:** Kim, you know I did. I was DMing you every episode that released when it was on my television.
- Kim:** Listen, when you have a pig pass-
- Annie:** Is it still on? Can we watch it?
- Kim:** They're getting ready to re-release it-
- Annie:** Oh my gosh.

Kim: ...on Roku streaming.

Annie: Oh, I cannot wait.

Kim: And I'm like, this thing won't die. You know why it wouldn't die? The message.

Annie: Yeah, that's right.

Kim: The edification.

Annie: I mean, you and your mom and your sister and Amy and your friendships were modeling something that we weren't seeing anywhere else.

Kim: Really?

Annie: You're building that outside of the Christian space. QVC is outside. Steve Harvey, though a Christian man, is outside the Christian space with the show. What made you decide to do that path instead of working at a church?

Kim: That's where they accepted me. Ain't that crazy?

Annie: Yeah.

Kim: Now look, I would be way more comfortable going to the church every day and sitting in my office and blah blah. I would have loved to have done that. But you know, God had different plans. Let me tell you something. We need more believers in the world and not have it. Now hear me. You got to be in it and not have it.

Annie: Yeah, that's right. Particularly in the entertainment space?

Kim: Yeah. And you'd be surprised how many believers are out there though. Oooh!

Annie: It's like drawing the ichthus on the ground where you're like, half a fish, half a fish. You're a Christian too? Yeah, yeah.

Kim: I can smell it. This is the thing. But you don't have to hide. I don't hide my light under a bushel. I don't. I'd say what it means is same God makes a way. And I will tell you that there are people who are called to vocational ministry for sure and I pray for them. I mean, that is a hard role to have.

Annie: We need those people too. Yeah, that's for sure.

Kim: But there's something out there for everybody in that calling. I always say it's like a haunting horror movie. "The call was coming from somebody." That's how it feels. Your calling is always haunting you, going, Hello.

Annie: Yeah. You said it chases you is actually what you said.

Kim: It chases you.

[00:41:08] <music>

Sponsor: Hey friends! Just interrupting this conversation one more time to share about another amazing partner, [Rothy's](#). Okay, I'm starting to pack for the Here For You Tour with Carlos Whittaker since we are weeks away. Y'all, I'm so ready. I'm so ready. And my Rothy's are coming along. I promise you that.

With Rothy's shoes and bags, you can upgrade your wardrobe in a chic and sustainable and comfortable way. Rothy's are durably designed so you can keep them in your closet longer or you know under the bus longer. You can even pop them in the washing machine when they need refreshing. Seriously, mine still looks so good because I just so easily wash them. I have the camo cat sneakers, they're adorable, and they're flats and they still all look like new.

And this is what I love. Everything at Rothy's is sustainably made with their signature thread repurposed from single-use plastic bottles. The fan favorite shoes like The Flat and The Point are made from about 11 recycled plastic water bottles. And the bestselling lightweight tote is made with approximately 618 grams of ocean-bound marine plastic. How cool is that? So give your spring and summer look an upgrade with Rothy's vibrant shoes and bags that are available in so many fun colors.

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Thousands of medical professionals on ZocDoc are there to help you. They listen like a friend and give you the expert care you need. ZocDoc is the only free app that lets you find and book doctors who are patient reviewed, take your insurance, and are available when you need them and treat almost every condition under the sun.

When you're not feeling well and already low on energy, finding great care shouldn't take up any additional brain space or effort. That's where ZocDoc comes in. Using their free app that millions of users rely on, you can find the right doctor that meets your needs and fits your schedule. You can book an appointment with just a few taps in their app and start feeling better faster with ZocDoc.

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Go to zocdoc.com/thatsoundsfun and download the ZocDoc app for free then find and book a top-rated doctor today. Many are available within 24 hours. That's zocdoc.com/thatsoundsfun.

And now back to finish up our conversation with Kim.

[00:44:18] <music>

Annie: A story I did not know was about when your second son was born and you literally like died and back.

Kim: Yeah it was there. I was there.

Annie: That whole story is unbelievable. People need to get the book to read about that, about you know when you were dying and the nurse wasn't believing you. But did your calling turn to neon after that? Did something shift when you were like, "Oh, this isn't guaranteed to me, I better run"?

Kim: Well, first of all, I didn't want to come back. I didn't want to leave that floor or wherever I was at that moment.

Annie: Yeah, because you said all the pain went away.

Kim: It was not just pain either. I was... I can't verbalize. It was a piece. I know that sounds cheesy.

Annie: No.

Kim: It was an exhale.

Annie: Wow. Wow.

Kim: And I get emotional talking about it because I can remember that feeling. I don't remember any feeling in my life being as strong as that feeling.

Annie: Wow.

Kim: And it was the bright light, it was a white light, yellowish and I just sat there and I was covered in blood. The whole place was covered in blood. I hemorrhaged. And I just didn't want... I'm like, "No, no, no, no, no, no, no, no." And I thought it was like... it could have been a minute, it could have been five years. I didn't know. Time was not of any relevance at all.

And I just remember at first I was like, "You know, save Blanton if that's your will. And then I didn't care about earthly things." I didn't think about... My life didn't flash before my eyes. All I wanted-

Annie: You didn't like go back and watch a highlight reel.

Kim: Mm-mm.

Annie: No.

Kim: All I wanted to do was just be there.

Annie: Wow.

Kim: And I've never felt present anymore ever since then as that moment. But when it slipped away, and I felt it going away, it changed how I looked at everything. The boldness that I had. You can't tell me nothing about that.

Annie: You can't tell me nothing.

Kim: Don't tell me He don't exist, honey, because I've done experienced it. It just everything became more heightened. My love for people became stronger. The way I looked at people became deeper. I mean, like, who doesn't want everybody to experience that moment? That moment was so real. It was the realest moment I've ever had.

Annie: That is unbelievable.

Kim: This is going to be controversial and I don't really care. Everything became not even secondary, like fourth and fifth on the list. My kids, my husband, everything just kind of shifted on down. All my priorities got really a lot lower on the totem pole. And people find that hard. They're like, "Kim, so..." It's the truth, girl. It's just you and Him. It's just you and Him.

Annie: In the book when you talk about it, when you say when you came back and your family wasn't there, no one was there.

Kim: No one was there.

Annie: And then it's like everything accelerated after that.

Kim: Yes. It was like... Have you ever seen those in your... in slow motion? You've seen those movies. And then everybody's tararara, little rats running around. I just was like, Whoa. I just can't explain to you the piece and the gushiness I felt. That's everything I know to say.

Annie: That's a great word.

Kim: I don't know how to say it.

Annie: That's beautiful. The gushiness.

Kim: Just the comfort.

Annie: Oh, I love it. Well, I just think when you're talking about confidence and talking about going after your calling, it is easy to think, well, yeah, if everything's been easy, I bet you're confident. And everything's been-

Kim: Nothing's easy.

Annie: Nothing's easy. Nobody's story is easy.

Kim: Nothing's easy.

Annie: So then you read a book from a friend and you're like, "You died, Kim. " I miss that you died 14 years ago. I didn't know you died. I mean, so that kind of stuff where you go like, Oh, yeah, everyone else's life looks like it is easy to be confident. It is not.

Kim: No, it's not, girl.

Annie: It is not.

Kim: That's why when you look at people, that's why I'm saying the way I look at people change. People who are not like me, they don't look like me, they don't walk like me, they didn't grow up like me, it's easy to look at that and go, Well, why don't they just (fill in the blank)? We don't know people's stories. That's the good stuff. That's the jelly doughnut.

Annie: Yeah, that's it. That's right.

Kim: I say life is like a jelly donut. You don't know what's in the inside till you squeeze it.

Annie: Right.

Kim: And that's where all the good stuff is.

Annie: Yeah, that's right. One of the concepts that really stood out to me, I'd love for us to finish up talking about power weighting versus normal weight. I mean, because what I'm picturing to happen is some of our friends listening while they're getting the asparagus at the grocery store,-

Kim: Sure.

Annie: ...while they're doing their laundry, while they're driving to daycare, or driving their commute to work and they're going, "Okay, I'm going to figure out my calling. She's right. I want this confidence. I'm going to read the book, I'm going to do it." But it doesn't always just show up like that. So there's waiting of like, okay, I'm just gonna wait for God to drop it in my lap. And then there's power waiting of like, what do you do?

Kim: Well, this is a bit controversial, because, you know, we live in the hustle culture so everybody is hustling. I'm a hustler, baby. Everybody is like, I got this side hustle and I get this... I don't believe in that at all. Because when you just said, "God's gonna drop it in my lap. I truly believe He does that."

Annie: Really?

Kim: Yeah, I do.

Annie: Good.

Kim: So I don't want to be a little buzzkill here. But I will say you still have to do the work. And a lot of times in that waiting period, because God is not ever going to give you something, if it's from Him, He's not going to give you something that you're not ready for. This message for me has been incubating for a long... I've been cooking a long time. It's overdone. And God's not gonna put you out there to do His work and you're not completely ready.

Annie: Right. Right. You're right.

Kim: So that power waiting is your preparation.

Annie: Oh, wow.

Kim: I always say wait well. And I don't wait well for anything. I don't wait well in the laundry, man. I don't wait well in the McDonald's drive-thru. I do not wait well at all. So I've learned this firsthand. But there's always a time that God will give you the vision, He'll give you the call, He'll give you that dream or goal and then He'll sit you. And the bigger the goal, the longer the preparation. Annie, can you relate to this?

Annie: Oh, listen, of course. I mean, of course, there were years that I wanted to be doing this and I wasn't-

Kim: You're still not where you're going.

Annie: That's it. I'm still sitting here going like, where-

Kim: There's more.

Annie: Yeah, yeah. That's right.

Kim: So you're power waiting right now. You're being obedient right here in Nashville, Tennessee doing this. There's more for you. So you have to get used to that power waiting. The key word is power. Because if God gives it to you, He'll give you the power strength to do it.

Annie: That's right. That's right. If He hadn't handed it to you-

Kim: He's gonna hand it to you.

Annie: Yeah, that's right.

Kim: And I'll tell you this. Y'all, please stop chasing likes and opportunities. You can't create opportunities for yourself. That is a lie from the devil. People think, well, I'm gonna go out and make this happen. No, you don't make nothing happen.

Annie: Yeah, that's right.

Kim: God makes it happen. He'll bring you the opportunity. Don't work on the opportunity, work on you.

Annie: Yes, yes. Work on you. Work on you.

Annie: That's it.

Kim: And not, not just about this drink eight ounce of water and jog five miles a day. Now, I'm preaching to the choir, I need to do that. Work on your mental, your spiritual, your heart. Be heart-led. It has to come from the heart, not your brain, not your knowledge. It has to be heart-led. It's the motive that matters, not the opportunity, not what you're doing. It's the motive. And everything flows from that.

Annie: Correct me if this doesn't feel true to you, but you can have the same opportunity to come to you two times, and one time the Lord has you right where He needs you and the other time you're out of sync with yourself.

Kim: Oh.

Annie: It can be the same opportunity that has two different faces.

Kim: Yeah. And I'll tell you something, you've not missed it either. So don't think, "Oh, I missed that last year." He'll bring that thing back around. If you're not ready, he'll bring it right back around. You're not on plan B. You're not living plan B. I don't care the mess that you've made of your life. I've got a girl on our team, and she's a recovering crystal meth addict and I met her at a beloved retreat.

Annie: Wow.

Kim: And she was two months clean when I met her, now she's working for us. God never... you don't miss it.

Annie: You don't miss it.

Kim: You don't miss it. Even if you mess it up-

- Annie:** Our single group of friends, single people, we say to each other all time, you haven't missed him.
- Kim:** He's there.
- Annie:** The Lord's handling it. If there's a right guy coming for you, you haven't missed him. You can't screw this up.
- Kim:** Now, let me ask you this. Do you feel like... If the desire is in your heart, He's not forgotten you either.
- Annie:** Yeah. That's why I said, I think if you're desiring to anything, but yes, if you're talking about getting married particular, I think if you're still desiring it-
- Kim:** It's not missed you.
- Annie:** Yeah, that's right. I don't know what the story is gonna look. Like mine already didn't look like the way I thought it would. But I don't believe I've missed what God had for me in marriage.
- Kim:** When you start feeling down about that, though, how do you power wait?
- Annie:** Oh, listen, how do I power wait?
- Kim:** I'm serious. I'm curious.
- Annie:** I know. I know. I go back and read journals. And I have people that I tell. I have a pastor in Scotland that's like a real good mentor to me. So I'll tell him when I'm feeling like I'm missing out on what God has for me or if I feel particularly discouraged when it comes to a relationship not working or being single. But I think it's bringing people... not keeping it to myself. If I keep it to myself is when I drown in it a little bit more. Right?? Is that it? Just bring people around.
- Kim:** Connection, babe. We're going right back to... Connection is the biggest commodity other than our salvation in our walk with the Lord that we've got on this planet.
- Annie:** Because someone else needs to go, "You haven't missed it?" And you go, "I've lost my mind." I got on Marco Polo with a friend, I was like, "I'm spineless. I didn't say the thing I needed to say, I'm spineless." She was like, "No, you're not. You'll get another chance. If you're meant to say it." And she says, "Well, what if God just didn't want you to say it? And I'm like, "Well, I think I was supposed to say something, I just didn't." And she was like, "You think the Lord could have just handled if you were meant to say it? You think it...? And I was like, "You know

what? You're right. You're right. There's ways that could have done that better but I bet I was not spineless.

Kim: We gotta stop being so performance-driven and be you know, purpose-driven.

Annie: Oh, say that right. Let's be purpose-driven. I need you to know you've known me a long time, I wear about the same size pants I've worn. I mean, I've roller-coastered a little bit, but I'm about the same as I've been since college but my confidence is so different.

Kim: Mm, Annie.

Annie: And my body is not different. What I think about how God made me and what I meant to do on this planet, light years different.

Kim: That's what I'm trying to say in this book is that that is where our true fulfillment comes from is whose we are, who we are, and why we're here. That's it.

Annie: Yes! And then whatever your body looks like, whatever your brain... who cares.

Kim: He don't need your body.

Annie: Run after it. Run after it. I mean, that's it. So that's one of the reasons when I read this book, I was like, Kim's got to get on here. I got to have Kim on here because to me there is secret sauce in what you're writing.

Kim: Thank you. That means a lot coming from you.

Annie: I read a lot of books. I read every book that comes on the show.

Kim: And you get around. You get around.

Annie: And this one I was like, Man, this is the one I want us to hold and go like, where am I missing? I mean, you had me saying, Where am I missing it? As I'm growing in this, where am I missing it? So it's just beautiful.

Kim: Just step out. Listen, y'all, step out. And let me say, even if you're Christian going, "I don't know what to do with my life, I don't know..." because we don't really talk about this.

Annie: I know.

Kim: Especially for young people, there's a reason you're here. You're not just taking up space.

Annie: That's right.

Kim: Y'all. The enemy can get you away from your calling. Because calling is connection. And that is how you can totally share the light of Jesus with the world. A Bible study. That's why people don't go to Bible study. A lot of people don't pick up the Bible, never go to church, but they will be connected to you through your calling.

Annie: That's right.

Kim: Oh, God just got cold chills.

Annie: You're right.

Kim: No, no, no, no, we got to say that again. There are people will not even have received the Bible. You're the only Bible or Jesus they ever see.

Annie: That's right.

Kim: And they'll see it through what you're called to do. Period. Drop mic.

Annie: That's it. That's it. That's it. And that's why shining your light the way God made you matters because-

Kim: Hand to heaven.

Annie: We got to have every shade of this light. And if I'm just trying to be Kim or if I'm trying to fit in there by else's box, if we're all trying to be Beth Moore, Beth Moore's light-

Kim: Oh my God, Beth Moore, call me. I love you so much.

Annie: I know. We do love you so much.

Kim: I'm obsessed with you. I stalked you on Instagram. I love you back.

Annie: Is it true?

Kim: It's true.

Annie: I mean, that's why you drop a mic on that because you go like, This is it. I gotta be Annie. Confident of who God made Annie

Kim: Watching you in your calling inspires me to do mine. We got to quit comparing.

Annie: That's it.

Kim: Comparison kills confidence.

Annie: Be your shade of light.

Kim: I love that. That's a book. I'm stealing that.

Annie: You've got two books right now.

Kim: I'm just saying that's what I'm talking about. When someone else is walking in who they are unapologetically-

Annie: It lights me up. You're right, it makes me want to do it.

Kim: I just want to lift a barbell worth 300 pounds.

Annie: I know. Right. I know.

Kim: I'm tired even talking about it. You know what I mean?

Annie: What did we not say that you want to make sure we say?

Kim: That's it. Whatever. I love you.

Annie: Okay, great. I love you, too.

Kim: I love you more.

Annie: Thank you for doing this. The last question we always ask.

Kim: Oh-oh.

Annie: Because the show is called That Sounds Fun, tell me what sounds fun to you.

Kim: Mm.

Annie: What do y'all do for fun?

Kim: Oh, God. I just want to take off my bra and go to the spa and get a massage.

Annie: That's it.

Kim: This bra girdle's killing me.

Annie: Oh my gosh. Massages, though. That's your thing?

Kim: Oh, honey, I'm a spa junkie.

Annie: Uh-huh. So when you're traveling, are you like, I'm gonna find a spa? How often do you get to do that?

Kim: No, I think about it.

Annie: I consider it.

Kim: I'm a mom of two boys, I got a husband, that's three kids. This is what I say to Travis: I love you, don't touch me.

Annie: I can't wait people to read the book. He seems like the nicest man. I've never met him but he seems like the nicest.

Kim: Okay. I love him. He's a good man.

Annie: Okay, get a massage. That's it.

Kim: That's it.

Annie: Get confident and get a massage. Oh, I love you. Thanks for doing this.

Kim: Love you, girl.

[00:57:44] <music>

Annie: Oh, you guys, isn't she the best? Isn't she the best? I know. I knew you'd love her. I knew the energy levels would be what you needed on this day. Y'all, be sure to grab a copy of *Collecting Confidence*. It is really good. And what a great book to give to graduates in your life, to women in your life. I just think it is... Oh, it's great. Go follow Kim on Instagram, thank her for being on the show.

And you guys, okay, we've been busy working on a project that I'm so excited about. Here's my question. Are you single? Are you dating? Do you want to be dating? I need you, I like need you to go drop your email in the link in the show notes so I can share with you first what we have been working on. This is for you. And I want to make sure my friends know about it. So go to the link in the show notes to find the form where you drop your email. I'm gonna email you really soon, like personally email you very, very soon because I want you to know about this.

Plus in the show notes you'll find the links to all of our sponsors there and you'll find tickets to the Here For You Tour which is brought to you by our friends at African New Life. It's happening in June, a whole tour about community, about being together, about being here for you, and you showing up for each other. Y'all, it's gonna be awesome. Get your tickets at hereforyoutour.com and y'all come see us.

Okay, so we heard what sounds fun to Kim, and now we get to hear what sounds fun to one of our friends who's listening just like you.

Kristen, because the show is called That Sounds Fun, tell me what sounds fun to you.

Kristen: Hi, I'm Kristen. I'm from Grand Rapids, Michigan, and what sounds fun to me is because I have a very active two-year-old son, and I'm also pregnant, what sounds fun to me is getting away for a weekend from all of the craziness before child two comes. And my husband and I actually get to go to a couple's retreat at the end of April at a camp in northern Michigan. So I'm very excited about that.

Annie: Listen, the camps in Michigan are some of my favorite places.

Kristen: They're the best.

Annie: It's just amazing. It's amazing. All the lake... I mean, everybody goes to camps up there.

Kristen: Yes, we do.

Annie: Yeah, all the time. Okay, do you know what your second child is?

Kristen: Yes, it's a girl.

Annie: It's a girl. Thank you for making an announcement on That Sounds Fun. So you have a son and you're about to have a daughter.

Kristen: Yes.

Annie: And they're gonna be about two years apart?

Kristen: Yeah, two and a half.

Annie: Excellent. That's so fun. I love it.

Kristen: I'm very excited.

Annie: But the fun thing is getting out of town. The fun thing is not necessarily only having a daughter. It's having a daughter and you get to go to town for the weekend. Do you have a favorite camp in Michigan that we should all look up?

Kristen: It's where we're going. It's called Lake Ann Camp. It is by Traverse City. I grew up attending it as a camper and then I also worked there for four years in college. So I'm partial to it.

Annie: This is everyone's story. I grew up at this camp, I worked here for a minute and my whole family's gone, my grandparents went here. Yeah, this is what I've learned being in my job and going to Michigan is everybody has their camp.

Kristen: Yes. And this is ours.

Annie: Okay. Lake Ann.

Kristen: Lake Ann. L-A-K-E A-N-N.

Annie: I love it. Oh, love that.

Okay, if you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. All the places you may need me, that is how you can find me.

And I think that's it for me today, friends. Go out or stay home, do something that sounds fun to you. I will do the same. Today what sounds fun to me is getting on a plane and flying to a graduation party. Congratulations to my friend, Brett. She has worked super, super hard and I cannot wait to celebrate her this weekend.

Y'all have a great weekend. We'll see you back here on Monday for a special episode with my friend that you may remember from back in yield days of the Love Better Tour of 2020, my buddy, Eli Bonilla Jr. Y'all are gonna love him. We'll see you back here on Monday.