
Sorry, “You Guys.” It’s Over Between Us.

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Hi,

Hey y’all, I’m reclaiming this greeting that I said all the time when I lived in the South in my teens and 20s because it’s so much more inclusive than the “you guys” we say here in the Northeast.

It’s not that “you guys” is bad, or that you’re a bad person if you say it, it’s just that I didn’t really think before how it completely omitted women, girls, and non-binary folks. (It’s funny how things like this can hide in plain sight, isn’t it?)

I mess up *all* the time, and refer to my kids as “guys” (we have a daughter and a son). But I just try to catch it, correct it, apologize if necessary, and keep moving—it’s all any of us can do as we try to do better.

We can do this, y’all.

Love,

Kate

Episodes You May Have Missed:



How to Let Go of
Anger



Are You Working Like
a Consultant, or a
Service Provider?



Show Your Feet
Some Love



Make Your Language Gender
Neutral



3 Questions to Help You Be More
Mindful of Money



A Sneak Peak into Next Week

Say thanks publicly, the remedy for text neck, the question that helps you relate to others better, the power of shopping local, and the best way I know to change your life, quickly (actually acting on your inspirations)

Your Stories

“This [podcast] is the kind of thing you want to be addicted to.” – Brook, who so kindly [shared this podcast on her Facebook feed](#)

– Well shucks, thank you, Brooke! And if you at home know someone who might be in the market for a new healthy addiction, would you share it with them? You can forward them this email or send them to <http://bit.ly/betterpersonpod>.

Parting Thought

‘Nuff said.

