



# Still Waiting for the “All Is Calm” to Kick In

I hope this newsletter finds you in holiday mode. I'm still in scramble around and take care of a million things mode, honestly.

Wishing you peace amid the chaos! (And hoping any shopping, holiday or otherwise, you do this weekend occurs someplace local to you—it's worth the extra time it takes to support your neighbors.)

Love,

### Episodes You May Have Missed:



Act on Your Inspired Ideas Before They Vanish



Say Thanks, Publicly



Save Yourself from Text Neck



One Question: How Can I Help?



Shop Local (and to Hell with Amazon)



## A Sneak Peak into Next Week

A way to honor the solstice; remember that not everyone likes the holidays; emergency breathing technique; what you appreciate appreciates; a year-end review

## Your Stories

"I loaded up many episodes of your podcast before a cross-country flight. I enjoyed them all, but the episode on forgiving yourself really got me. Wow. Powerful." – Andrea

– *Ooh that's a juicy one. Doing that exercise really changed my life in 2019. If you missed it, you can check it out here.*

## Parting Thought

Things to do this weekend:

1. Shop local
2. Support small businesses, and
3. ...

