

Did You Know There's Only Two Months Left in This Decade?

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HOW TO BE A

Better
Person

A new podcast with Kate Hanley



Did You Know There's Only Two Months Left in This Decade?

Hi,

This year I made a resolution to start a book group—something I've never been a part of before. There were just too many cool people I kind of knew that I never felt like I had an opportunity to have a decent conversation with. So I teamed up with a friend and we finally made it happen.

Last week was our first meeting, and it was everything I'd hoped! We read *Three Women* (an incredible and yet devastating book) and it was the jumping off point for a really juicy conversation about... *everything*.

My point in sharing is that it's not too late to make your 2019 resolutions come true. You've got two months left. And, I recently realized, we also only have two months left in this decade! All the more reason to get going on something you've been meaning to do. What's something on your list you could make happen in the next few weeks?

(If it helps, hit reply to this email and tell me—sharing something gives it power.)

Love,

Kate

Episodes You May Have Missed:



Build your boredom tolerance



Re-motivate yourself



Walk somewhere you would normally drive



Catch them in the act



See the fingerprints on everything



Check in with yourself



A Sneak Peek into Next Week

What to do when you're not quite ready to forgive, do what you can while you can, find your power hour, give a better compliment, and something that's 1000% more helpful than worrying about people you love.

Your Stories

"Yesterday, I was at an all time low with work and your podcast on finding the importance in your work was *incredibly* helpful."

- Well, heck, anything that makes you italicize "incredibly" I am humbled to be part of! Glad you got back in touch with your motivation.

Parting Thought

Is there really anything as exciting as reading a good book?

