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## Here, Have Some More White Space

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## Here Have Some More White Space

Hi,

Hope this email finds you enjoying a nice long holiday weekend with plenty of room for all the things you want to be doing (or what I like to call white space).

Thank you so much to everyone who took my survey about the number of episodes per week that felt right to you. I took your input to heart and created some more white space for me and for you by going down from seven episodes a week to five.

Here's to having time in your life to catch up on the things you care about!

Love,

### Episodes You May Have Missed:



Why Driving without the GPS Is Good for Your Soul



Cook When No One's Hungry



Replace Your Negative Self-Talk with a Specific Voice



Reduce Holiday Stress by Setting an Intention



An Alternative to Black Friday: Be of Service



### Sneak Peak into Next Week

How to get out of a rut, be coachable, find time to read, name your sacred circle, and plan for no plans (ahhh)

### Your Stories

“Your podcast is part of my and my daughter’s daily routine. I start working in bed and she comes upstairs after making lunch and we snuggle and listen together.”

- A) I could not love this more. And B) why haven’t I thought of that??

### Parting Thought

What if the voice inside your head sounded more like Oprah?

