



I Have the Quickest Question Ever for You

Hi,

I LOVE producing this podcast and everything it entails. While I have no intention of stopping, I am toying with the idea of going from 7 to 5 episodes a week (giving folks a chance to catch up on the weekends, and me a chance to get a little further ahead on the recording process). It would still be basically daily but also hopefully wouldn't make anyone feel like they're drowning.

What do you think about this idea? **Would you mind taking a one-question poll?** I'll send one lucky poll-taker a personalized video greeting!

Again, here's **the link to tell me what you think.**

(Ooh, I'm a poet, and I didn't even know it.)

Thank you in advance!

Love,

Kate

Episodes You May Have Missed:



Do what you can while you can



Find your power hour; protect it with all you've got



A simple way to assess your diet



How to truly support someone you love



Give a better compliment



Bless and release



Sneak Peak into Next Week

Write a thank you note, soak away your stress, be a river not a pond, know when to pick up the phone, identify your bad habits (so you can outsmart them), validate! Validate!! Validate!!!

Your Stories

“The highlight of my day was 5 minutes during my car ride home from getting my eye brows shaped (yes, truly, and my first time!) listening to the episode about how to most effectively help someone you love. A quick nugget of wisdom that was just what I needed to hear.”

- Listen, if I can make driving home from getting your eyebrows shaped the best part of your day, my work here is done!

Parting Thought

I went to look up gifs related to voting and now I can't stop watching this.



(Also, voting definitely makes you a better person! At the polls, naturally, but also in one-question polls about podcasts!)