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## Transitions Are Hard. You Got This.

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Kate Hanley <kate@katehanley.com>



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Hi,

Shiver me timbers fall blew in this week here in the Northeast and suddenly 52 degrees feels like 12 degrees. Plus, the sun doesn't come up until 6:30 (the episode "let there be the right kind of light," listed below, can definitely help). And my informal poll of people I know is that we're *tired* and feeling out of sorts.

Which is completely natural, because transitions of any sort are hard, and no matter where you live, the change of seasons means that your physical environmental is morphing in front of your eyes. That's plus any upheaval you might have going on in your life. I hope that this past week's episodes will feel like a metaphorical weighted blanket.

Love,

Kate

### Episodes You May Have Missed:



Give someone a high  
five



When you make your  
to-do list matters



Let there be the right  
kind of light



Don't treat gifts like  
burdens



Check the urge to buy  
a new one



Stop taking things  
personally



### Sneak Peak into Next Week

Look for the loving reason, soothe yourself to sleep, let someone else go first, and why you should try to be more like a salt truck than a snowplow (intriguing, no?)

### Your Stories

I heard from a couple of listeners that they were sticking their butts out all over the place, including Jennifer, who said:

"Thought you might want to know that I just deliberately pushed my butt back in the chair while working just now, thanks to your podcast a few days ago!"

Changing lives, people. Changing lives.

### What say you?

Have you done something differently as a result of something you heard in an episode? Reply to this email and let me know, or send a tweet or post a pic to Instagram with the hashtag #betterpersonpod.

It's so SO cool to see how people are using the information. Your sharing will inspire someone else!

### Parting Thought

Bring on the cozy times!

