



## When You Realize You've Been Doing it Wrong

Hi,

Six months ago, I was out somewhere with the kids. I can't remember where, exactly, but it was some place with big heavy glass doors. And they were walking ahead of me. As we were headed from the parking lot and inside, when they got to the door, they stopped and stood there. I almost walked right into them because my mind could not process why someone would come to a door and just stand there. And then I realized, *They were waiting for me to open the door.*

It's not that they were being bratty or spoiled--I'd always done it for them! In that moment, I saw that I was an unwitting snowplow parent, removing obstacles from their path. (I talk more about it in one of the episodes listed below that aired earlier this week.)

Sometimes we have these moments that show us how we've been messing up. It's tough to let it in. Your ego tries to justify why you're right. But these moments are gifts. They bring the clarity and the discomfort necessary to make a change. Next time you realize you've goofed, take it as an opportunity to do better.

Love,

*Kate*

### Episodes You May Have Missed:



Looking for the loving reason



Take a transition between "work" and "life"



Take a stretch break



Don't be a snowplow



Make an extra monthly debt payment, painlessly



Forgive Your Mistakes



### Sneak Peak into Next Week

Let someone else go first, soothe yourself to sleep, celebrate other's success, get in bed when you're tired, and give a feedback sandwich (NOT to be confused with a knuckle sandwich!)

### Your Stories

I got a really fun letter from a listener recently who confirms that just because you admit to wanting to be a better person, it doesn't mean you're currently bad:

*"I am a 'nice' guy in general or should I say a fairly 'good person.' Lol. (I would like to think.) However, I want more. I wanna learn more about me, and how I can help change myself for the better and for the world to be a better place all together. Thank you so much and can't wait to start my new journey!"*

We are all in this together and there is NO SHAME in wanting to be better.

### Parting Thought

Sometimes it takes a few misses before you get it right.

