

## What Do You Want to Say Buh-Bye to?

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Hi,

This past week was Rosh Hashanah, and although I'm not Jewish, I'm lucky enough to be invited to a holiday gathering where we wrote on little pieces of paper what about ourselves or the last year we wanted to cast off, and then shared verbally what we wanted to invite in for the next year.

(Needless to say, this exercise is *totally* up my alley.)

As great as it is to let go of habits, ideas, and thoughts that aren't serving you anymore, you've got to replace them with something, or else it's like a shelf full of books where you've just removed several books from the middle—it all caves in on each other. And that's what the How to Be a Better Person podcast is all about—adding good new stuff in so you can crowd some of the old, not-working-so-great-anymore stuff out.

Here's to good new stuff!

Love,

Kate

### Episodes You May Have Missed:



A sweet ritual to end the day



Nominate yourself



Simple tip for better seated posture



Check your body language



Set a weekend spending budget



Listening, revisited



### Sneak Peak into Next Week

Stop taking things personally, how to help the people you love WITHOUT worrying about them, forgive your mistakes, and actually be that person who silences their phone at the movies.

### Your Stories

Listener Jen tweeted this pic of her lying on the floor (with the hashtag #betterpersonpod), proving that animals are drawn to people who care about being better people.



### What Say You?

Got five seconds? Could you go give How to Be a Better Person a rating and/or a review (OK, a review might take 30 seconds...full disclosure) on Apple Podcasts?

### Parting Thought

Ooh doggie, it's Saturday! (Also, an accurate representation of what my heart does when How to Be a Better Person gets a new rating or a review.)

