
"Everything Really Is OK"

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"Everything Really Is OK"

Hi,

It's always a little nerve-wracking to launch on new project. One of my friends once described it as "lifting up your skirt and showing everyone your panties," which feels pretty apt! But what's made the experience super sweet are the comments I've received, including:

"Reminds me that everything really is OK." "Made a frustrating Monday morning better." "I'm thinking about starting a gratitude journal to match the daily themes!" And, my favorite, "I thought the idea of the podcast was a bit silly, but I ended up thoroughly enjoying it. I look forward to hearing more."

It's given me the occasion to say "thank you" many, many times this week, and I think that's going to have to be the subject of future episode, because it feels great. And when you feel great, it's easy to do great.

Very happy to have you along for the ride! **Thank you** for being here.

Kate

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Sneak Peak into Next Week

Train yourself to notice the good stuff (without glossing over the bad), check your body language, dip a toe into budgeting with a fun experiment, and stick your butt out (wha??).

Your Stories

Listener Nancy sent me this shot of her doing Wednesday's tip—lie down on the floor. Love how, if you look closely, you can see she's still in her robe. =)



What Do You Think?

Got a sticky situation you're wondering how to handle like a "better person" (not that you're not already a good person, you are, otherwise you wouldn't care about being better)? Or have feedback for me? Just reply to this email, it comes straight to my inbox.

Parting Thought



My daughter and I went to see Lizzo in concert last week. The way she embodies loving herself and inspires others to do the same makes me want to be a better person. #queen