



Go Ahead and Stink Up the Place

Hi,

When's the last time you did something that you really had no idea how to do?

I took golf lessons last summer (my husband is really into golf and he's taught the kids some...I think it could be a fun thing we could all do together, if only I knew how to play). Since I've practiced yoga for over 20 years and am fairly flexible and have decent body awareness, I thought it would be a breeze. HAHHAHAHAHAHA. All my drives went way to the right; to the point that I almost beamed other people on the driving range in the head.

It's no fun to suck. BUT, it also gets you into beginner's mind, which is this wonderful state of attention without expectation. And that can spill over into all parts of your life. Also, hey, if you keep going, you get better. And that's pretty fun, too. I hope yesterday's episode on the beauty—and the power—of doing something you suck at will inspire you to do something you're a beginner at this weekend!

Love,

Kate

Episodes You May Have Missed:



What Motivates You?



Ask Dumb Questions



Swing Those Arms



Say What You Mean, But Don't Be
a Jerk



The Power and Beauty of Doing
Something You Suck At



A Sneak Peak into Next Week

The best kinds of books to read right now, the responsibility of doing research, feeling all the feels, how to spend time without filling it, what to say when someone's disagreeing with you -- loudly

Your Stories

"Just love your #podcast [@katehanleyauthor](#) Thank you for working so hard to put out daily material. I know it is A LOT of work. You are appreciated." – Jen, via Instagram

-- I love it when someone uses something I talk about (like appreciation) on me, because then I get a visceral reminder of how good this stuff feels!

Parting Thought



If nothing else, your doing something badly provides comic relief