



No, Really, How Are You?

Hi,

When's the last time you honestly answered the question, "How are you?"

I know, I know, it's so easy to blurt out "I'm fine" without even thinking, but when you do, you miss a chance to:

1. check in with yourself
2. be real with yourself
3. be real with someone else
4. connect with someone else

I had a really nice moment with the checker at the grocery store when I answered honestly – check it out in the "Stop Saying 'I'm Fine'" episode below!

Wishing you a weekend that gives you plenty of fun options for answers to that perennial question,

Kate

Episodes You May Have Missed:



Transitioning Back
into Normal Life After
the Holidays



Delegate Better



Ward Off Your Next
Virus Before It Starts



Stop Saying "I'm Fine"



There's a Time and a Place for
Everything



A Sneak Peak into Next Week

Why you should leave the house (yes, you), the benefits of staring out the window, we're talking about MEAT, getting more strategic about how you give back, and why (and how) you should stop hating doing the dishes—it is possible.

Your Stories

"Shared your podcast with my mom and her friend today. If they can't hear advice from me--maybe they will believe you!"

- I am oh so happy to be the deliverer of solid advice on your behalf, Brice. Some things just are heard better when they come from strangers.

Parting Thought



How YOU doin'??