



What Lakes Do You Want to Swim in This Year?

Hi,

I have a friend who, when she needs alone time, says, “I need to swim in lake me.”

I love swimming in lake me as well. But lately I’m diving in to lake 2020, planning out the year ahead in podcast content. I loved doing Better Than Resolutions week during New Year’s, so I want to do more theme weeks. And I would love to know—what themes would you like to take a deeper dive into?

I put together a simple survey that should take you all of about 60 seconds to complete—*will you share your opinion with me by filling it out?*

Thank you!

Love,

Episodes You May Have Missed:



Own the Fact that You Matter



Why You Need to Schedule Life Admin Time



Magic Acupressure Points



Are You a Tortoise, a Hare, or a Tortare?



Vote With Your Dollars



A Sneak Peak into Next Week

The powerful tool we all have, but most forget; if you see spinach, say spinach; a strategy for upping your nutrition WITHOUT depriving yourself of favorite foods; ask for help; what Marie Kondo forgot all about (and is cluttering up your home)

Your Stories

“What I love about your podcast is that even though I love listening to it when I’m alone [aka, ‘swimming in lake me’] I also feel like I’m having a conversation with a good friend.” – Liana

-- *To an introvert, there is no better feeling than being alone, together.
Happy to be chatting with you, Liana!*

Parting Thought



Thank you in advance for taking my survey =)