



We Got The #1 Spot

Hi,

I was super excited and humbled to be included in Fast Company's article, [The 7 Podcasts That Will Help You Achieve Your Goals in 2020](#) (and in the #1 spot, no less!).

If you found your way here thanks to that article, welcome! It's great to have you and to see our movement toward making a difference in ourselves and in the world grow.

Also, I hope you enjoyed Better Than Resolutions Week. I look forward to bringing you more themed weeks in 2020. (If you have any requests, hit 'reply' and let me know! I'm planning next week and would love to have your input in my head as I do.)

Love,

Kate

Episodes You May Have Missed:



What's Your Theme?



What to Set INSTEAD of Resolutions



Being How You Aim to Continue



Predict Your Own Future



The Secret to Staying Present to Your Goals



A Sneak Peak into Next Week

Transitioning back into normal life post-holiday (I NEED THIS), delegate better, do this one thing to ward off winter viruses, and why you should try saying something other than “fine” when someone asks, “How are you?”

Your Stories

“This pod has become an ingrained part of my morning ritual. It’s a true gift to not only come away with a small, actionable step, but also to feel like part of a bigger movement toward something greater—that I’m doing something in community with other people who also strive toward an improved version of themselves.” – Cindy, a reviewer on iTunes

– There are so many of us who want better – if you know someone who’d like to get on board this wagon, forward this email to them!

Parting Thought



Let's do this, y'all