

20 encouragement

Dear PCS friends,

Happy Fall! Hope you are staying cozy and connected.

Take what delights you and leave the rest

1. **Be it NOW.** For years and years I talked about how I was “working” on my confidence. I talked about “working” on loving myself. I was always putting it out in front of myself using statements like, “I’ll be happy *when* I _____ fill in the blank”. But then one day I had a great epiphany! I can choose in any moment to live into whoever I want to be. I can choose in this very moment to love myself *now*. To feel it in every cell of my body. And to act from this place. This doesn’t mean I never lose sight of my commitments, forget to treat myself kindly, or get grumpy. But when I am aware, I can slow myself down and act as if. I ask myself frequently “If I gave myself permission to do and be exactly who I want to be right now, what would I do?” Usually the answers are things like, “I would be more playful and relaxed. I would tell the truth about what I think and feel. I would dance.” So, then I do those things. What are you “working” on and can you be it NOW? Just for this moment.
2. **Don’t walk around in my mind with your dirty feet!** I love this phrase that I heard from an old mentor of mine. He used it to set boundaries with people who disregarded his aspirations or pointed out all the things that could go wrong or just generally had a negative outlook and spin on things. I like to surround myself with people who build me up, who believe in me, and who generally have a solution attitude about situations. Identify the people in your life who make you feel good and cheer you on. Who believes in you? Invest more time with these people and less time with people who tear you down. And, ask yourself honestly, what kind of friend/partner/family member/coworker are you being to the people in your life? Do you have some foot scrubbing to do?

With so much gratitude and warmth,

Becky