



# Stop Collapsing in Difficult Times

You may have noticed that I have not been posting as many videos as I was and I want to tell you why. I've been struggling in the last few weeks with my newfound passion for social justice work. And I just frankly haven't known how to bring my coaching business together with my passion for social justice. This is a new thing for me and I'm waking up to some things that feel important to me. And I have wanted to kind of keep the two separate. I actually haven't wanted to keep the two separate, I just simply haven't known how to bring them together or even if it's okay to bring them together, and how to bring them together.

I can imagine that I'm not the only one struggling with this and it occurred to me after speaking to a wonderful mentor of mine that I get to struggle. We get to struggle. We get to sit in the question of how to proceed in these changing times.

We're in the middle of a pandemic. We're in the middle of a huge social justice movement, and we're in the middle of climate change. We are in the middle of a chaotic time. It's actually a very exciting time because things are changing, but change is never linear. It's always messy. And we've got to find ways in the midst of this to breathe and take care of ourselves. I think that that's what I can bring to the table. I can bring to the table some wisdom. I can bring to the table ways that I know can help with our grounding so that we can have our voice out there, so that we can make a difference out there. But if we wait for perfection, if we wait for the courage, then we probably are not going to do very much. So, I want to invite you to in these difficult times to step out and take action. Even if you're afraid, take action imperfectly. Give yourself permission for that.

The other thing I want to talk to you about briefly is fragility. I really do recognize how fragile I am and what I mean by that is that I worry way too much about what other people think. I worry way too much about speaking out and how it might hurt my business. I worry about these things and I know that I'm not the only one. But it is a fragility that I think is unfounded. That feeling of fragility is more of an illusion than anything. And I believe that we're actually stronger and more capable than we recognize. And, I'm going to experiment with that you.

I'm going to experiment with not collapsing into my fragility. I am going to experiment with doing it afraid. I'm going to experiment with doing it imperfectly. And I want to invite you along with me, because the world is in great need. We are in difficult times, challenging times, chaotic times.

I believe we are in a time of transition, and I welcome that. I know that it requires that we stand up. That we take a stand. That we each give our best gifts to a world in great need. And I



believe that we can do this. I believe in you. And I believe in me. It's time for us to stop collapsing. It's time to take a stand. It's time to have your voice. I invite you to come along with me for the ride. I do not have all the answers, but I invite you to sit with me in the questions. There is something incredibly powerful of sitting in the questions, sitting in the confusion, sitting in the struggle. And then grounding ourselves so that we can take action.

As one of my wonderful mentors says, you can think of it like being in a choir, or a chorus. You don't have to hold every note by yourself alone. Everyone around you is holding the note. And what that means is that you get to take a breath, even in the middle of the song because someone else is holding that note for you. We get to take breaths. We get to show up, and then we get to go sit on the couch and rest. And then we get to show up again. We don't have to do all or nothing. We get to show up, we get to rest, we get to come back. You could think of it like playing a game. When you're playing a soccer game, a basketball game, a tennis game, you take breaks. You sit on the bench for a while but you don't stay on the bench.

I want to invite you into the game of life today. The world needs you. The world needs me. And we are up for this. This time is now. So I appreciate your patience with me as I am sorting through some things, and sorting out who I want to be at this time. And I would love for you to ask yourself this question: Who do you want to be right now in this time of great change and transition and chaos? Who do you want to be? Really sit with this and reflect on that question. It's important. The world needs your gifts.