

Kurt Vonnegut famously answered a high school kid's letter with a 2-word quote - our inspiration and theme for the week...

“PRACTICE BECOMING.”

This is incredibly profound because it highlights that success is not a single, final destination but rather a series of wins along the way.

You will always be in the practice of becoming who you want to be so you might as well get good at "becoming" and learn to enjoy it.

Practice makes EXCELLENCE - drop the word PERFECT from your vocabulary.

I believe to practice becoming our best selves, we need to step up on several things:

1. Stop apologizing! Stop saying you're sorry and keeping yourself shackled to shame. You don't need to apologize for who you are!

2. Speak up - no one can read your mind! Say what you do and do not want; ask for it.

3. Stop automating your yes and your no. Say yes to something that makes you a little uncomfortable (like maybe taking one of the last seats in Inner Circle?). Say no to the users and takers and let your yes be yes and your no, no!

4. Self-care isn't selfish! Make time to fill your own cup.

5. Stop accommodating immaturity and arrogance, whether it's social media (do you really think your little spiel or political meme will make a difference?), and relatives that don't get along (like the story about the two birthdays), etc.

Becoming your best self means you are your unapologetic self! This is how you show up in the world - using your voice, your boundaries, and your personality.

We become as we decide to become.

Start showing up, stepping out of your comfort zone, and allowing for the great unfolding of you're beautiful self!

You're worth it!