

- 14:02:17 From Jeanet : It makes me writing out loud more bravely what I've seen and want to teach.
- 14:02:56 From Theresa Vee (she, her) : I need to create vocabulary around it, so that I can speak to it instead of changing the subject...High-ticket one-off Life Makeover Sessions
- 14:02:58 From Katherine Cartwright Knodel : This was such an interesting exercise for me. In previous years, this is kind of where I stopped, to save for later and never got back to. So this year, I forced myself to be present for this and write. And I did! I worked through the first part and all the reflection questions.
- 14:03:14 From Theresa Vee (she, her) : The Life Makeover Sessions were a surprise
- 14:03:30 From Katherine Cartwright Knodel : Time to do that website. Finally.
- 14:03:47 From Theresa Vee (she, her) : YES, @Katherine!
- 14:03:47 From susanhoward : Each one of us is perfect as we are; we are enough; we are deeply loved and held. What can we be in the world when we no longer need to meet expectations or perform.
- 14:03:59 From val williams : Big Aha...when I looked at my wisdom steps..I realized one major step that I am NOT using with myself!...so I can feel the good feelings I want for others.
- 14:04:05 From Ann Marie Lei : Time to revisit + update my True Wisdom — to align with where I am now
- 14:04:12 From Julie Henderson (she/her) : I like my language but I need to practice it so it can flow more naturally. It's hard to get past the hesitance and fear of looking whacky
- 14:04:30 From SharonAnn Hamilton : I have this drumbeat around freedom. Freedom from and freedom to. I can take my list of forms and to s and make videos that share and invite people to come along for the run ride.
- 14:05:46 From Kathy Kane : language is what kept coming up for me with this exercise. Stronger, braver, declarative and a sense of urgency. We will not be here forever!
- 14:05:50 From SharonAnn Hamilton : fun ride
- 14:06:23 From Jenna Caplette : I love, love my True Spirit and Wisdom. I need to read them more often. I updated my True Spirit and posted them to my website.
- 14:06:37 From Jenna Caplette : There are fewer changes to my True Wisdom.
- 14:06:41 From Katherine Cartwright Knodel : I also realize that I need to stop worrying about how I come across to others and let the ones who do not belong to me, so to speak, fall away.
- 14:07:29 From Holly Emert : The opposing sides of me are where I am right now—the strong confident side who knows her value and the imposter syndrome victim who pulls myself back. This is my first time here so I have more work to do on how to make these tangible.
- 14:08:06 From Jenna Caplette : It's helpful to view unsubscribes as a positive thing.
- 14:09:00 From Ann Marie Lei : Holly — I know you, you are NO imposter!
- 14:09:03 From Holly Emert : COVID seclusion feeds the imposter side!

- 14:09:20 From Holly Emert : Don't worry, I've got a strong sense of self too!
- 14:09:21 From Katherine Cartwright Knodel : Holly, for me, I have to hold this stuff lightly.
- 14:09:21 From Jennifer W. : A couple of a-ha's. The story of my year was that it was a year of intense polarity. And the tension of that polarity can be enervating and it can be energizing. So, when I looked at what I have been doing versus what I declare in my TW, I may do well to focus more on individual and small group work, whereas I have mostly been doing large team work. So, there's some tension there, and I'm stepping into the energy of the inquiry. But I do feel called to greater intimacy in my work. Maybe that can be created in larger teams. Not sure. Again, the inquiry. Also, I claimed a title for myself: Journeywoman, High-priestess pilgrim.
- 14:11:33 From Jenna Caplette : I don't feel like an imposter but I can feel like a failure and that generally has to do with not "fixing." Great looking at my Trues because I NEVER say I'll fix anything. I need to read them more often so I remember that. I very clearly say what I do . . .
- 14:17:35 From Katherine Cartwright Knodel : Does number three draw us in to the lure of expectation?
- 14:19:54 From Jennifer W. : Hee hee. It's true that we are bad at predicting the future, but I just read my story of 2020, and I said I'd get Authentic Communication in front of 500 or 1,000 people, and I did that! 😊
- 14:20:40 From KimMillman : Great job Jennifer