



Dear Intuitionet Members,

It was such a pleasure, and a privilege, to meet with many of you at the September 28th kick off meeting! I was so impressed with the number of women that came out for this event. It was remarkable to see your commitment to supporting “next steps” (in whatever form those steps may take) in your own life, but also your investment to support other women in their journeys. I assumed that everyone in this group knew each other, and I was shocked to find out that many women knew nobody else in the room! This speaks volumes to the courage and commitment of the women in this group, and I feel fortunate to have had the opportunity to spend time with such a brave, powerful and inspiring group of women. For members that were not able to make it, I want to share some of what we covered that night, and for those that were there, here is an opportunity to revisit the conversations of the night.

Life is a journey and we’re all in motion - here to grow, learn, develop and expand. That night we talked about areas of growth, and where some challenges may be on that journey. Here are my top five areas to pay attention to as you begin (or continue) heading to where you want/need/deserve to be:

- **If you’re nervous/anxious/scared, then celebrate!** High five to you, because you’re doing it! You are living! Leaving our “CZ” (Comfort Zone) Nest can be hard, because when we do something unfamiliar or something we aren’t already fabulous at, it can be scary. That’s ok. Look back on life and remember other times you did something new...and now that thing is a source of comfort or mastery. Embrace feeling uncertain- it’s a reminder that you’re about to grow!
- **Find your cheerleaders and stay close to them!** People in our lives may not “get it,” and that’s ok. Just as we have fear about change and the unknown, so do people in our lives. Surround yourself with some people who DO “get it” and can help propel you forward (like other Intuitionet members!).
- **Fill your well.** You can’t give what you don’t have, so take care of you and make sure you’re giving yourself what you need. (Newsflash: Other people are, unfortunately, not here to fill your well...YOU must do it, because only you know how to!) Identify what replenishes, refills and refuels you,- and make sure you’re making time for those pieces, even in a small way, every day.
- **On this journey pack, take and carry ONLY what is yours.** So many of us are carrying the baggage of other people. If you don’t have the power to control it (change it or fix it) then it’s NOT yours to own, so why are you carrying it? So much energy is drained by lugging around O.P.S. (Other People’s Stuff), and it does nothing for anyone. Check your bags - make sure it’s only YOUR stuff! (Ideally your bags are light because you’ve let go of things that you don’t need to keep with you. If you’re able to still get angry about something that happened in 1987, your bags are too heavy, holding you back and slowing you down!)

- **Get up, show up, and keep going!** The journey isn't linear...and, the ultimate destination may not be your original intent...it's often even better than we had imagined, or planned, or prepared for! (And, we did do a lot of planning- until we realized that life cannot be lived inside our brilliant minds- and at some point we had to just show up and start moving!)

Congratulations of your commitment to moving forward! You are a powerful group of women, made even more powerful by your ability to support each other in this journey of growth.

Thank you again for such an amazing night~
All the best,
Carrie Stack



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