

Staying steady yourself

You can only hold someone else's weight if you notice your own.

5 lessons. After each one, answer its question here in a few honest lines. Then try it in one real conversation that week, and come back to note what happened.

LESSON 1 OF 5

What Self-Care Really Means

Where do you give advice when you are actually tired of listening?

This week I tried it with:

LESSON 2 OF 5

Letting Go of Perfection

What tells you, before anyone else notices, that you are running out?

This week I tried it with:

LESSON 3 OF 5

Chester Weaver on Yieldedness

Where do you give advice when you are actually tired of listening?

This week I tried it with:

LESSON 4 OF 5

When to Step Back from Social Media

Where do you give advice when you are actually tired of listening?

This week I tried it with:

LESSON 5 OF 5

A Candid Conversation with Rachel Bloom

What is one thing you do after a hard conversation to come back to yourself?

This week I tried it with:
