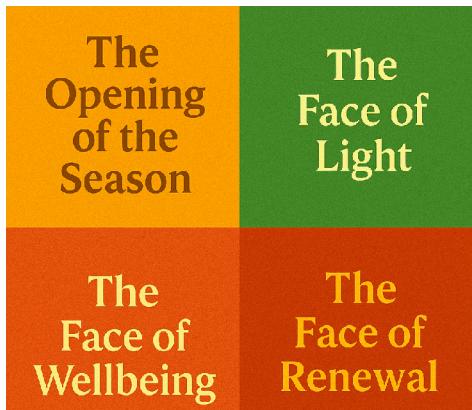


# M<sup>4</sup> MARILYN'S MONDAY MORNING MESSAGE

## "Guard Your Light in a Season That Can Feel Heavy"

### Part 2



"Not everything that is faced can be changed, but nothing can be changed until it is faced." James Baldwin

The holidays are often presented as the brightest time of the year, yet many people experience the opposite: stress, loneliness, grief, pressure, and emotional fatigue. This week, we turn our focus to protecting the light within us – remembering that light doesn't always look like cheerfulness. Sometimes, light simply means not giving up.

**Your light grows when you connect** with someone you trust, when you speak honestly about how you feel, when you ask for support, or when you step back from what drains you.

**Your light grows when you choose peace** instead of pressure. If you feel dim or weighed down this week, hear this clearly: light returns.

**You are not alone**, you are not behind, and you are not expected to carry everything by yourself. Make space for rest. Make space for help.

#### This Week's Intentional Practice

- Step back from one obligation that feels heavy
- Say "I need help" at least once
- Choose one peaceful moment each day
- Connect with someone who brings you back to center
- Replace pressure with presence, even for a moment

Recall the following as well...The **"B & B Rule"**

"Warren Buffett says protect your energy. Jeff Bezos says act on what drains it.

Accordingly, I believe that you can guard your light by embracing the B & B Rule and that great leaders share one truth: Your inner light is your most valuable asset – protect it, invest in it, and it will grow.

Marilyn

NEXT ISSUE:  
MONDAY, December 15, 2025