

# #12 Sharing stuff that lights me up...



## Starting with a quote...

"You often feel tired, not because you've done too much, but because you've done too little of what sparks a light in you" ✨ (Alexander Den Heijer)

I usually like to start with an uplifting, motivational 'shiny' quote so this one is a bit left field, yet when you read it, doesn't it motivate you to carry out a bit of a sense check on your life, how you are filling your time, and see if there's something you can change to do more stuff that lights you up? It did for me 😊

So here goes #12, a selection of stuff that I've loved this month....

## Podcast shares...

### **Pivots & Plot Twists with Tamsyn Allington - Taking the leap to go self employed, creating a positive work environment and have companies learnt anything from the pandemic? with Kate Ashmore**

Well this is a new podcast, to the podcast world and also for my shares, and it's a bit of a personal one as I know Tamsyn, and not only do I want to support her in her new venture, on the very first episode of her podcast series, she is chatting to the delightful Kate Ashmore, who is a close friend and collaborator of mine in our coaching collaboration of Rebel & Shine! It's a wonderful insight into being brave, taking chances, making the best of things and using what we can to create positive work places. Enjoy! Here's the [link](#).

**Slo Mo with Mo Gawdat - Amy Polly - Why We Need A Mental Health Rebellion** Now I don't often share the same podcast two shares in a row, but I just couldn't resist sharing another one of Mo's podcasts. This is such a fabulous conversation. There's laughter, kindness and quite a bit of swearing but all done with love for each other and the topic of mental health. Lots of practical advice from Amy on how we can all work towards improving our own and other people's mental health. Here's the [link](#).

## Book shares... (just the one this month but it's a good one, and not just for the ladies!)

**How Women Rise - Sally Helgesen & Marshall Goldsmith** - Why did I choose this one? Firstly, because I can't believe I haven't shared it before and we're already on #12. And secondly, because it's so damn good, and pretty much everyone will be able to relate to at least some of the 12 habits that we have developed over time that consistently hold us back. And I know it says 'women' in the title but to be honest, I think anyone will relate to these habits. And thirdly, confession here, my reading has slacked off this month and although I've started quite a few, there's nothing currently finished on that bedside table of mine so you've got an oldie but a goodie!

I have recommended this book to so many of many clients and they still remind me of it because it made such an impact. If I look at some of the chapters, the 12 habits, I see so clearly how some of them related to me in my career, keeping me stuck, stopping me from 'playing big' - such as 'the disease to please; the perfection trap; ruminating; and expecting others to spontaneously notice and reward my contributions!!!

## And finally, another quote, this time about habits, to start kickstart your thinking as to what tiny habits you might change today that will make a whole heap of difference...

"It's the small habits. How you spend your mornings. How you talk to yourself. What you read. What you watch. Who you share your energy with. Who has access to you. That will change your life." (Michael Tonge)