

LEANING INTO LOVE

A SAFE PLACE TO LAND

A STRONG PLACE TO LAUNCH

LIL Tip ✨

Hi lovely! This week's LIL Tip shares one of my go-to strategies to gear up for a new or unknown event: we practice our “No problem.” It sounds silly, but it helps so much!



Here's an example:
Me: “I know how excited you are for your friend’s birthday party. We don’t know what they’re serving, so if it’s something you can’t have because of your tricky tummy, what are we going to say?”
Eliza: “No problem!”