COURAGE

Be Brave, Spark the Yes

It's been almost two months since I shared a monthly glimmer—not because life stood still, but because life happened.

And in the spirit of being kind to myself, I chose to pause. But that doesn't mean there weren't moments that shimmered. In fact, my life sparkled—quietly, humbly—between a few dark clouds. And isn't that what glimmers are all about? Seeing the light, even when it's raining. After all, summer isn't summer without a thunderstorm or two… those storms make the roots grow stronger.

One unexpected glimmer came during a group workout at the gym. We were doing a tough circuit—moving stations every 20 seconds. At one point, we had the option to use a 5kg weight disk, lifting it with one arm. It looked intense.

As I watched the person ahead of me complete the reps, I silently decided, Nope. Not me. I'll skip that one. As he finished, he handed me the weight. I instinctively said, "No thanks. I can't."

He didn't argue. He didn't pause. He simply looked at me and replied, matter-of-factly, "Yes, you can."

And that was it.

I took the weight, tried the lift… and did it. Then I did it again. And again. Ten more rounds. And with each one, I felt a little braver. Not because the weight got lighter, but because I got stronger—not just physically, but in spirit.

You see, it wasn't the 5kg disk that mattered. It was the power of three small words: Yes, you can.

That simple moment reminded me how often we opt out before we've even tried —how quickly we let doubt speak louder than belief. But one person, with one quiet gesture of confidence, can change that.

So today, I want to challenge you: be that person for someone else this week. You don't need a spotlight or a speech. You just need to notice. And when someone hesitates, when they shrink back from something just beyond their comfort zone, place your hand gently on their shoulder—literally or figuratively—and say, "Yes, you can."

Because sometimes, all it takes is one voice of belief to awaken the bravery in someone else.

Astrid O'Callaghan