

Monthly Glimmer

Be Brave. Don't settle for cold fries!

April 2024

Glimmers, to me, are those little twinkling moments that catch us by surprise. When we remain open, the day offers countless lessons and enlightenments—we just need to be willing to notice.

For many of us, growing up meant being conditioned to the idea that ladies should always be nice.

Now, don't get me wrong, there is never a reason not to be kind, but society sometimes misled us into believing that being 'nice' meant being silent, accepting and unopinionated.

The world has shifted, and we, as women, have realized that nice girls don't always 'Get the corner office'. Yet, this notion is so deeply rooted in us, and at times, we forget our own value and take a backseat when, in truth, we should be driving the car!

Recently, a friend invited me and my two little ones for a playdate at a soft play area, followed by a treat at McDonald's. When our food arrived, my friend took a bite of her fries and noticed they were ice-cold. I tasted mine and agreed. She asked if we should request warmer ones (we all know cold McDonald's fries are a let-down), and I hesitated, opting to settle for the cold ones.

After a brief moment, my friend, who is known for her kindness, got up and kindly asked for a fresh batch. Not long after, she had steaming hot fries in front of her. She offered me one, and the difference was remarkable—not just warmer, but tastier too. Her courage rubbed off on me, and I found myself getting up to ask for fresh fries as well. Without any fuss, I received my piping hot fries and enjoyed my meal.

This may seem like a small incident, but it served as a reminder of how often we settle for second best, forgetting that we deserve so much more. I left McDonald's that day with a renewed sense of self, vowing not to accept 'cold fries' in life, nor to create a space where others think it's okay to serve them up.

Where have you recently accepted 'cold fries' in your life without asking for something better? Where do you deserve more, and all it takes is a little bravery to say, 'You know what, I deserve better'? My wish for you is to never doubt your worth enough to settle for less or stay silent when you're not given what you're due. We're not being demanding or divas—we're simply declaring to the world that we know our value, and we won't let anyone convince us otherwise."

Join our very first Be
Brave Facebook Live
session on 10 May, 6pm
(Irish Time)

