

# Be Brave & Grab Your Surfboard!

Isn't it incredible that we can actually rewire our brains to focus on what we truly want to focus on?

Since launching these monthly glimmers, I've been on a journey of discovery, opening my eyes to the little sparks that fill each day. The past few weeks have been nothing short of sparkling! Life's not always perfect, but even the bumps along the way have glimmered with their own silver linings.

Tonight, I find myself in a cozy, quiet house, with winter wrapping Ireland in its early dark embrace. As I wrap up my packing and soak in these last precious moments with family, I can't help but feel excited about tomorrow.

I'm off to Namibia for two sold-out Be Brave events with 160 amazing women! I'm so grateful for this opportunity to connect and share with all of you.

As I reflect on this past month, one lesson has jumped out at me, almost like it was meant to be heard. During my commute to Dublin, I tuned into a podcast featuring a remarkable individual who spoke about navigating change. He reminded us that our instinct is often to resist change, but we need to adapt. He shared wisdom from his therapist: when the waves of change come crashing in, fighting the tide is a losing battle. Instead, we need to learn to surf those waves, finding our balance.

This really struck a chord with me as I embrace my own journey of change this year, which definitely comes with its challenges.

The very next day, while navigating a busy day at the office and feeling a bit under the weather, I ran into an executive team member. Leaning against the wall, I admitted, "I'm really feeling this day." With a knowing smile, she said, "Just learn to ride the wave."

In that instant, I realized: while I can't control the 'waves of the ocean', I can choose how I respond. Instead of wrestling with the unrelenting waves, I can grab my surfboard, ride with joy, and embrace the splash of water and wind in my hair!

So this month's glimmer comes with a bit of salty water and beach sand, serving as a vibrant reminder that sometimes, the best approach is simply to embrace the wave and enjoy the ride.

