

# GRIT



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A dear friend is going through it just now and making some tough decisions about a fork in the road of life that she is confronted with.

Although the situation is not identical to the one I once endured, it is relatable.

As we walk and talk, my admiration for her deepens. Like many other inherently strong women, even though the world she has built for herself is crumbling, she is determined to stay present, learn, and grow from this excruciatingly painful period.

An empathy inflection point is upon us.

As much as I want to protect my friend from anguish, I constantly remind myself that this is her journey, not mine.

- ◇ Do I have strong opinions about the situation? YES (outside voice).
- ◇ Should I suspend judgment? YES (").
- ◇ Is this my life? No.

*Sharing empathy is something we all want and deserve, and often that feeling comes when someone listens to learn rather than to respond.*

As you connect, even with people you have known for a lifetime, recall that while you may have similar stories, every lived experience is unique.

Until we meet again, ascend. ❤️

Yours in Solidarity, -akm

March 2023

*It's time to get closer. Are you ready?*

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*Let's Shine A Light, shall  
we?*

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