

# Hi Kate!

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## Appetizer

*“The future is something which everyone reaches at the rate of sixty minutes an hour, whatever he does, whoever he is.”*

~ C.S. Lewis

## Entrée

Kate,

**Life's short! A truth that aggravates me to no end.**

I don't know about you, but [I've got plans for this life!](#) So much so that the mere idea of wasting time has become a huge trigger for my anxiety.

Don't misunderstand me, efficiency and productivity are not my strong suits. Up to now, my path has been made of more detours than highways, but something has become more clear with time:

**Failure isn't a waste of time.**

Kate, for a long time, starting fresh felt like failure. I envisioned my soul, sweating it out on a hamster wheel, getting nowhere for all her efforts. But if I could paraphrase Andy Puddicombe, meditation teacher at Headspace, *No two moments are the same. No two thoughts, or feelings. Rather, it's our perception that's gone stale.*

**Beginning again is a misnomer. In truth, we're simply beginning from here.**

There's no way to erase what we've experienced or learned. Those moments act like compound interest. So when we approach something again, we're coming to it as someone different - in a new space and time, with new thoughts and feelings.

[Spend your time well](#), with intention and care. Don't waste as much time as I have worrying about not having enough of it... and no, the irony is not lost on me. 🤪

Until next time, be well.

~ Anon



Kate, if you've got little people in your life, this recommendation is for you (though if I'm being honest, I love them too).

**What am I talking about?** [Narwhal and Jelly books](#)! They're great early readers, unlike the boring

plot-less ones I learned to read with. The pair of friends is delightfully witty and full of wonderful lessons about friendship, kindness and being YOU!

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