



Happy Tuesday,

One of the most liberating lessons I've learned over the years is this:

You cannot continue shrinking yourself to make other people comfortable.

At some point, growth requires honesty.

- Honesty about what no longer fits.
- Honesty about what you've outgrown.
- Honesty about who you are becoming.

And perhaps most importantly, honesty about the spaces, relationships, and expectations that require you to be less than who you truly are.

That isn't leadership.

That's survival.

Real leadership begins when you decide that authenticity is no longer negotiable.

Leadership Insight

One of the themes in the first chapter of my book is the idea of being unapologetically yourself.

Now, let me be clear.

Being unapologetic doesn't mean being rude.

It doesn't mean refusing feedback.

It doesn't mean believing you have all the answers.

It means understanding your values, honoring your voice, and refusing to abandon yourself to fit into spaces that no longer align with who you are.

Some of the hardest leadership decisions we'll ever make involve choosing authenticity over approval.

But those are often the decisions that change our lives.

Action Step

Ask yourself:

- Where in my life am I making myself smaller?
- What would it look like to show up fully as myself this week?
- And what am I afraid might happen if I do?

What You're Teaching Me 💙

One of my favorite messages about my book this past week simply said:

"I just wanted to say I love this phrase: don't shrink to fit places you've outgrown! ABSOFREAKINLUTELY!"

I laughed out loud when I read it.

But I also understood why it resonated.

Many of us have spent years trying to fit into spaces, expectations, and roles that no longer align with who we are becoming.

- Growth can be uncomfortable.
- It can disappoint people.
- It can require difficult decisions.

But shrinking ourselves to maintain comfort often costs us far more than growth ever will.

So, I'd love to hear from you:

What have you outgrown?

A mindset? A habit? A role? A fear? An expectation?

Hit reply and let me know. I read every response, and your reflections continue to make this community stronger.

Thank you for continuing to share your honesty, encouragement, and growth with me. It means more than you know.

Visual Reminder



"Books create conversations. Conversations create community."

What I'm Up To

The past two weeks have reminded me that community matters.

I participated in a Juneteenth celebration where I hosted a vendor table—and sold every book I brought.

Then, this past week, I attended another conference as a vendor.

While the event itself had a few organizational challenges (including my books deciding they wanted to take their own vacation before arriving!), I still sold out of the copies I had available.

But the biggest gift wasn't the sales.

It was the people.

I met eleven other women authors—eleven women with stories, experiences, and messages to share with the world.

I also experienced incredible support from friends and colleagues who stopped by, encouraged me, purchased books, and reminded me that none of us do this work alone.

Leadership isn't about competing for space.

It's about creating more space for others to shine.

And that might be one of the greatest lessons this season is teaching me.

Final Thought

The world doesn't need a smaller version of you.

It doesn't need the version that stays quiet to keep everyone comfortable.

It doesn't need the version that apologizes for taking up space.

It needs the version that is grounded in truth, aligned with its values, and courageous enough to show up authentically.

Don't shrink to fit places you've outgrown.

Grow into the person you're meant to become.

With appreciation,

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"Everything Begins and Ends with Communication."

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