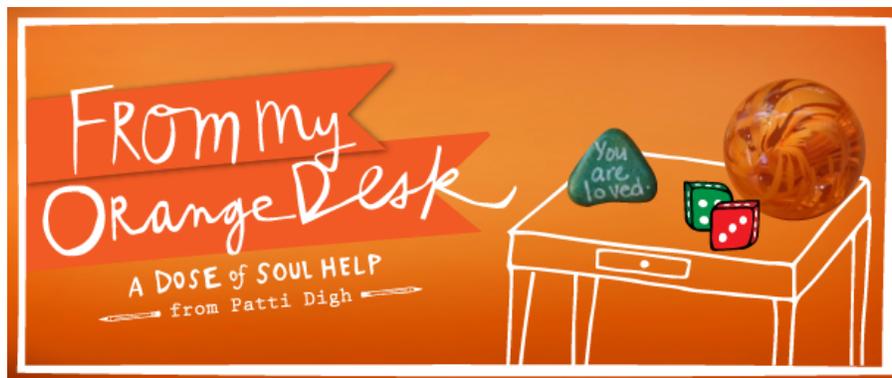


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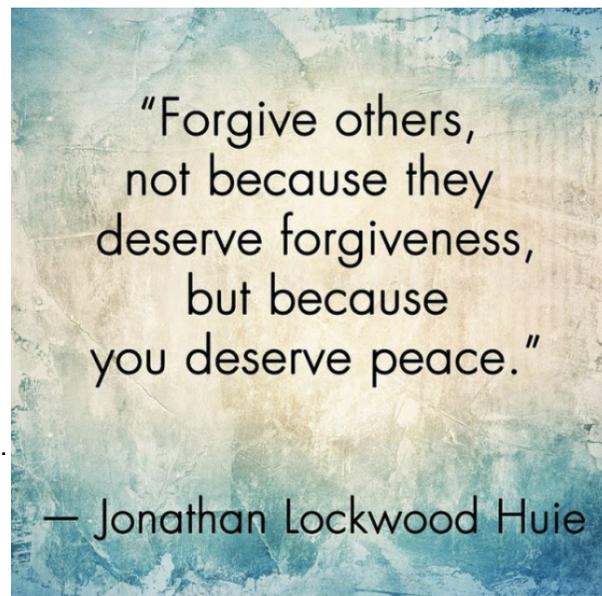


Dear Friends,

I had an extraordinary opportunity for forgiveness this week, and I can highly recommend it. What it took was letting go of being right, and once I could do that, the rest was easy. We're all human, and we all make mistakes. Granted, some are crueler than others, but it's those cruel ones where forgiveness is even more freeing. It reminds me of a sticker I made once that said: "I forgive you. Now stay far, far away from me."

What steps did I take to get to forgiveness this week?

1. Recognizing the pain that not-forgiving was causing me. It was like carrying a sack of very heavy rocks.
2. Writing down all my grievances in a letter to this person - not to send, but to get the venom out of me. In this case, they were harsh and raw words and writing them released something in me. I could feel the release immediately. I felt lighter.



3. Giving up my need to be right. I remembered my acupuncturist's question of a few years ago (p. 77, *Life is a Verb*): Why is it so important for you to be right about this? (DUH, BECAUSE I \*AM\* RIGHT). What would happen if you gave up your need to be right? (I would feel immediate peace, which I did).
4. Wanting it to be done. Sometimes, situations that lasted only a short while take up a much longer time in our minds. I wanted to give this up, and move on. It was easier to forgive than to argue or make my point or prove I was right or chastise them or... easier. Easier is good.

If you can get yourself to that place, I highly recommend forgiveness. There's a certain lightness about it that you will love.

By the way, tomorrow is Leap Day, a concept that always confused and thrilled me as a kid. So, find a way to leap!

## On My Nightstand

Last week, I re-read Simon Sinek's book and workbook, *Start with Why* and *Find Your Why* and articulated my "why" in a way and with a clarity I hadn't found before. What do I believe that drives my work in the world? Here's what I came to, and its articulation was more powerful than I could have ever imagined:

### My Why

To change the world, we must live where inclusion, potential, and courage meet. (BELIEF)

### My How

I inspire people to build courageous, creative, compassionate and inclusive communities where people can make "[strong offers](#)" and change the world. (ACTIONS)

### My What

I do that primarily through my books, online and in-person classes, events, and speeches. (RESULTS)

*What is your why? Your how? Your results?*

## Coming Up

**Hard Conversations: An Introduction to Racism** - Now in its 5th year. Begins March 3, with live calls from 8-9:15 pm Eastern on March 10, 17, 24, and 31. We focus on systemic racism, white privilege, the myth of colorblindness, and how to be an effective ally. [Go here](#) for more info.

**Hard Conversations: Whiteness, Race, and Social Justice** - Begins April 7. Focuses on white racial identity, hallmarks of white supremacy culture, what it means to be white in a racist world, and how to create a positive white identity. [Go here](#) for info.

**Hard Conversations Book Club** - It's never too late to join this group of folks who read and think in community each month. Our reading list will expand your world. You can find the 2020 list and other information [here](#).

**Life is a Verb Camp** - October 29 - November 1, 2020, near Asheville NC. [Go here](#) to get information and to register. You'll leave inspired, with an amazing community to support you in your journey. Poets Jericho Brown, Andrea Gibson, and Mahogany Browne headline this year's Camp. Only a few tickets remain.

Thanks for reading. If you like this newsletter and want to support it, forward it to someone who'd like it. If you're seeing this newsletter for the first time, [you can subscribe here](#).

Lighten your load for the rest of your life,

Patti

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