

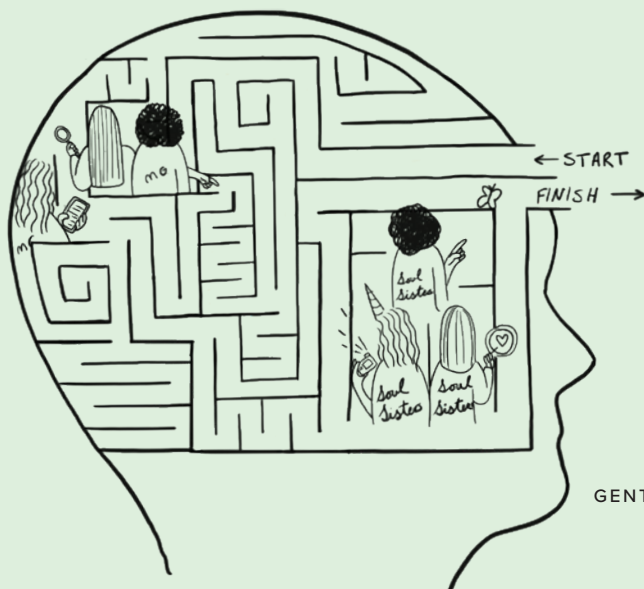
how I appear in public; how I talk and present myself to others; my online status updates; and how I'm being perceived. Of course it's exhausting—and anxiety-inducing! Those Mean Girls are MEAN!

One of the most insightful stories I've heard about the Soul Sisters came from my friend and colleague Ryan, who battled depression for most of his teen years. His therapist helped him eradicate his depression with one simple idea: *curiosity*.

She showed him that he was operating from a place of finality—“This is it, I'm depressed for life”—and helped him move his mind-set to one of curiosity—“Hm, what *is* this feeling? Is there another way to see this? What else is out there?” Once he practiced this shift in his mind-set—it changed everything.

Keep going back to your Soul Sisters and spend lots of time with them. They will help you live the life you want.

## MAKE IT HAPPEN



Trace the path with your pen. It'll help imprint the habit of sitting with the Soul Sisters.

