

## **KINDNESS TO YOURSELF AND OTHER WOMEN**

- 1. Lift up a colleague and peer this week who is a woman.**
- 2. Give a specific compliment to a stranger every day.**
- 3. Who's got your back? Who is in your lifeboat with you?  
Make a list here.**
- 4. Create distance from (professional) women or anyone who brings anything less than positive to your life. Give yourself permission to do it, NOW. Make a list.**
- 5. Stop competing with everyone else. Let go of what everyone else is doing. On LinkedIn, in your company, in your department, on FB, in your family. Let. It. Go.**

## **HOMEWORK / SELF-WORK / ACTION PLAN:**

Thank your lifeboaters. Write a handwritten note.

Bag the frenemies and other haters. Create distance.

Still hesitating? Read *The Sociopath Next Door* by Martha Stout

Turn off your notifications on LinkedIn and Facebook for a whole month.

