



a podcast by Nicole Beholds

EPIISODE TWO

THE BEST YES

companion guide

- **How many things in your life have you accidentally chosen without actually choosing them?** What is getting your yes simply because it's easy, familiar, expected, or right in front of you?
- **Every yes costs you something. Sometimes what it costs is your best self for the people already in front of you.** Who or what is getting your patience, attention, curiosity, and benefit of the doubt—and who is getting what's left over?
- **Attention is how we communicate value.** If your attention is telling a story every day about what matters to you, does that story match what your heart would say matters most? Where could you give a more intentional yes this week?

REMINDER FOR THIS WEEK

*Your yes is already telling a story.
Make sure it's telling the story you want it to tell.*