

Within a couple of days, I was getting very, very nervous. In fact, while I was in England, oh, let me track back. I was buying so much stuff from Amazon. I think I was so far from my family I felt scared and I didn't know how to help my family. So I bought tons of shopping on Amazon and got it all delivered. Monique took a photo of this big pile of boxes at the front door of the house. I felt like I was taking care of my family.

We shifted our events and we've prided ourselves on doing live experiences. We do really powerful work with people live and in-person. We shifted it all online, all virtual, and we've had amazing feedback this year. I didn't know at a time, back then I was scared. I was afraid. I didn't know what would happen. I didn't know if we could do this because we pride ourselves on connection and community. People come to our events because they want to learn how to create clients, to scale their business, to make a real impact in the world. What we do better than anybody is create connection and community. I didn't know, I just didn't know if we could do that virtually and we have. We've had people who've been 11 times to live events come to events this year and And say they were extraordinary and they felt deeply connected. I'm really proud of that. But I didn't know back then, I was afraid.

There came a moment where Monique said to me, she said, "You seem really scared right now. I've never seen you this scared." It snapped me out of things. I realized, oh, I don't have to be scared. I can get into action. What's dawned on me this year is that the solution to uncertainty isn't certainty. It's creativity. I've been more creative this year than in years put together. I created all sorts of things that I'm really proud of. We ran a 4PC accelerator this year and event for really high level leaders and coaches to join with my community called 4PC. It was really fun. I created so many new documents and I've written almost a hundred articles so far this year. I'm writing two more as I speak. Recorded about 50 podcast episodes. I have been super creative.

Now it's winter, it's December. That means it's time to rest. We forget this when we're high performers. We're on this track to do better and better and better and to improve and improve and improve and to succeed and succeed and succeed. There are times when we need it to remember that life is cyclical. It goes in cycles. There are seasons out in nature and it's time for us to remember that. When I first started this podcast, I said to my team, "Let's do one season." Because I watched so many people create podcasts that ran in the first year almost every week and in the second year it was slowed down and the third year would be kind of random and then it would just stop one day.

I said, "I don't want to do that. Let's do one season. If I like it, I'll do another. If I don't, we'll be complete." We run a few episodes in the first season and I loved it so much. I said, "Let's do a second season. But let's do something different." Because I have a low threshold for boredom and I wanted to make sure that I was excited. We've done all sorts of different things each time we run a new season, from coaching some of my own clients, to inviting the community to be coached by me, to me sharing ideas and challenging your thinking. Now it's time for a different season. This season is a time for rest and it's time for me to rest.

It's one of the most challenging things that I ever do in life. Taking time for me is not easy. I'm really good at giving time to you whoever you are, taking care of you whoever you are, being there for you whoever you are, but I have to walk my talk. In this business of transformational coaching, it's really important you take care of you first. It's the season to take care of me. It's the season to rest. So we will pause. We will pause from this podcast for a few weeks. I encourage you to do the same. Take time for you.

I will still be writing. I write almost every single day. I can't not be writing and I've got no doubt I'll be sharing all sorts of interesting ideas and resources. I've got some really cool stuff I've been working on that I'm excited to share with you. So keep an eye out on the emails. If you're not yet in our Facebook group called Serve, Lead, Serve, just put that into Facebook and come and join me. We've got almost 4,000 coaches there now. I share all sorts of stuff with them. We've got a great group of people in there. But it's time to rest.

With that, I will bid you adieu and say enjoy yourself over the holiday season. Have a great whatever you're taking, whether it's Kwanzaa or Christmas or Hanukkah, Dewali, or any other celebration you're taking over the holiday season. Take time for you. Take time to rest. I'm very grateful you're part of my community. I'm very grateful you take time to listen or to watch me and what I'm up to. For now, enjoy this season, this season of rest. For most of human history, it wasn't called coaching. It was called a leadership. It's what I love to do, to coach people, to lead people and to mess with people's thinking. If you'd like more of this or if you'd like to learn more about our community of extraordinary top performers, go to richlitvin.com/1insight.