



December 14, 2023

Earlier this week, I had a session with a client that absolutely blew my mind. 🤯

My client, we'll call her Felicia, is a senior leader at her company. She is a key decision maker who oversees a large team, and simply stated, has a lot of responsibility on her shoulders.

In fact, towards the end of our session, Felicia said to me, "I feel like I'm trying to climb Mt. Everest 🏔️ with a 400 lb. backpack 🎒 on my shoulders."

Oof.

That. Sounds. Exhausting. 😞

Knowing what she's looking to achieve in 2024, I asked her, "How can you attain your goals with so much weighing you down on your climb? What's one thing you can remove from your backpack that might take a little bit of weight off your shoulders?"

And with that, Felicia lit up.

She hadn't thoroughly thought about the contents of her backpack before.

She just knows how heavy it feels.

In fact, the idea of exploring her backpack got Felicia so excited, here's what she committed to with me:

- 1] Making a list of everything in her backpack;
- 2] Determining one thing that she can remove before we meet again in two weeks;

③ Taking it one step further, she offered that she will continue removing at least one item from her backpack between each of our upcoming sessions.

Felicia is ready to climb Mt Everest WITHOUT feeling weighed down, and as such, the realization that she's actually in control of what she keeps in her backpack and what she sheds from her backpack is already giving her renewed energy.

She's ready to take on new challenges, and to feel lighter while doing so.

In fact, I'm taking Felicia's lead. Since our session, I have analyzed what's in my own backpack! And I'm committing to starting off by taking something small out of it but that will actually give me much more freedom: I've asked my son to start making his own breakfast and to pack his own lunch every day!

I'm excited to get some time back in the mornings for myself and to give him some additional responsibilities in the house. I am confident it will be beneficial to both of us.

(Look at me, delegating outside the workplace! 🙌)

As you prepare for 2024, what can you commit to taking out of your figurative backpack that will help you achieve your goals?

(And if you haven't downloaded it yet, my free fillable workbook is designed to help you reflect on 2023 and prepare for 2024 - [grab it here!](#))

Cheers, Tracy

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🎤 I am excited to announce that I'll be speaking at the next [Media Insights & Engagement Conference](#) in Miami, Jan 23-25, 2024. 🎤

Join me and hundreds of corporate leaders and insights professionals from across the media spectrum-- from streaming and technology giants to cable networks, social media, gaming and more this January.

More information can be found [here](#).

Contact me for 15% off your registration fee!

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👹 What Impostor type lives in your head, rent-free? Take this [quiz](#) to find out - and get some tools to uncover what it wants for you and how to start conquering it! 👹

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Are you an emerging or established leader looking for support? Do you long to show up as your most confident self? Do you dream of the day when leadership feels effortless? If any of this describes you, [schedule a FREE 30 minute clarity call with me here](#) and make your struggles a thing of the past!

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I offer 1:1 coaching, group coaching, team facilitation, and public speaking, and tailor offerings to the specific needs of you/your workplace. [Contact me to learn more.](#)

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Looking for a way to make delegation feel less stressful and more effortless? Download my [Free Delegation Cheat Sheet](#) today!