



January 25, 2024

There are two things that happened last week that I feel compelled to share with you.

One because of something I accomplished, and the other because of something I learned.

*First*, my friend and fellow coach [Rachael Freedman](#) and I facilitated an online workshop with 200 Google employees on how to work through limiting beliefs. Rachael and I come to the table with two very different approaches and methodologies, yet both of us offer powerful ways to create new, empowering beliefs.

When we saw there were 200 people in the virtual room, one option we could have taken was to freak out! 😱

Instead, we believed in ourselves because we knew the content we had to share was a game-changer.

We stayed confident, and as it turns out, the workshop was both energizing and inspiring. The participants were interactive, vocal, and quite frankly, vulnerable. They left with takeaways and action items to make decisions despite their inner critics.

I'm truly grateful for this opportunity and my partnership with Rachael.

*Second...* (drumroll 🥁 please...)

I watched the Emmy's.

Some of you may be thinking, "😞 😞 😞"

And that's cool.

However, I never miss an awards show. 🏆

This is despite the fact that, at least compared to when I was in the entertainment business, I currently consume significantly less content than I used to.

And even though I feel that these ceremonies can be predictable in terms of who receives the awards, personally, I love watching for the fun, the fashion, and the unpredictable moments.

Last week, I tuned into the long-delayed 75th Annual Emmy Awards, knowing full well to which shows the bulk of the awards would be handed (hi, *The Bear*, *Beef*, and *Succession* - all three of which I started and gave up on! Don't hate me! 😬)

Despite knowing who most of the eventual winners would be, I watched from start to finish. And I'm so glad I did.

Had I not, I may have missed Niecy Nash-Betts' powerfully moving acceptance speech for Outstanding Supporting Actress in a Limited or Anthology Series or Movie.

She had me in tears from start to finish.

There were funny moments and poignant moments.

And there was this:

Along with co-workers and her family, Niecy also gave a shout-out to someone equally as important:

*"And you know who I want to thank? I want to thank me. For believing in me and doing what they said I could not. And I want to say to myself in front of all you beautiful people, 'Go on girl with your bad self. You did that!'"*

After collecting her award, Niecy told reporters that she thanked herself because she'd always been seen as one thing (a comedic actress) and that she wanted to prove to her peers she is capable of so much more.

She said:

*"So, I'm proud of myself. I'm proud I did something that people said I could not do because I believed in me and sometimes people don't believe in themselves."*

What 🙌 A 🙌 Gift.

Niecy's lesson here is one I'm going to take to heart and put into practice going forward.

And I'm going to challenge you to do the same.



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### **Join me in the BELIEVE IN YOURSELF Challenge:**

Here's what I'm asking you to do:

- ① Reflect: Take a moment to reflect on your journey so far. What are your accomplishments? What challenges have you overcome?
- ② Affirmations: Write down a minimum of three positive affirmations about yourself. These could be about your skills, your resilience, or your potential.

Bonus: Take this a step further: write them on a post-it note and put them on your computer screen or bathroom mirror and say them out loud every day.

- ③ Do something that feels a little scary. Try something new, something that pushes your boundaries. It could be a hobby, a skill, or even initiating a conversation with someone new.
- ④ Celebrate your victories: Acknowledge and celebrate your achievements, no matter how small. Each step forward is a testament to your abilities.
- ⑤ Thank yourself for believing in yourself. Just like Niecy.

Are you up for the challenge? Let the journey begin! 💪 ✨

And please share your successes, your wins, even your obstacles with me! I'm here to support you on this ride...

Cheers, Tracy

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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!