



June 27, 2024

So.

This is a big week for me.

In just a few days, I'm having a milestone birthday. 🎂

Drumroll please... 🥁

I am turning 50! 🎉

And you know what? I am OWNING this birthday!

A lot of people have been asking me how I'm feeling about this milestone. How I'm handling it. Am I ok???

The answer is: I'm more than ok.

I am PUMPED. 🙌

I mean, what's not to be happy about?


I feel great.


I have an awesome family and incredible friends.


I get to do what I love - for a living! - each and every day.


I have learned SO MUCH during these past 5 decades.


And here's what I'm embracing about getting older:


 **My reading glasses.** I've got no shame in needing some support, and I will continue to rock them daily! (That said, they still don't help me enough when it comes to reading clothing label care instructions - I *might* need a new prescription 😂)


 **My inability to understand TikTok dances.** Instead, I'm going to continue to rock out to my 80s tunes with no shame in my game.

 **My openness to having new interests.** Over the past few years, my kid has become an NBA savant. Like, it's WILD what he knows about basketball past and present. He's taught me a lot, and I now can officially say, I am a fan and I LOVE a sport that even 5 years ago I couldn't have cared less about. Even watched the draft last night. 😊

 **My career journey.** It's been a wild ride, my friends. Never in a million years could I have predicted what my life would look like today when I was first starting out. And my journey has been a blessing. I get to do what I love - with people I admire - every day of the week. If you'd asked me 10 years ago if I ever thought I'd find my dream career, the answer would have been a simple, "Unlikely." Oh, how wrong I was.

 **Asking for help.** I am beyond grateful to my trusted community, which includes my family, my friends, my colleagues both new and old, my coach, the list goes on and on. During my career as an executive, I was convinced I was supposed to know everything and do everything on my own. It took me a long time to realize that this kind of thinking and behaving isn't sustainable, and that even the greatest leaders have support.

 **My inner wisdom.** I have come such a long way, and I've learned to trust myself and step out of my comfort zone in ways that never would have been possible 30, 20, or even 10 years ago.

 **The perks!** I'm saying hell yes to AARP! I'm not one to turn away a good discount. 💰

🎂 **You.** Thank you for being a part of my community. I couldn't do this without you, {{ subscriber.first_name }}.

So, here's to turning 50 with a smile, a few laugh lines, and a whole lot of wisdom (mostly acquired from trying to assemble IKEA furniture and creating new passwords what seems like every 15 minutes).

Let's raise a glass (or a cup of herbal tea) to the next chapter, filled with adventures, laughter, and the joy of being comfortably and happily ourselves.

Cheers, Tracy

🎙️ In case you missed it, I was recently a guest on Jennifer McAllister's podcast [Ju\\$t Figure With It Out](#). In this episode, we discuss my journey from media research executive to executive coach, starting with my lifelong love for media and figuring out how to break into that world, to how an unexpected event brought me to my current career, including my learnings along the way, including:

- ☀️ The importance of setting boundaries to achieve balance
- ☀️ Self-care
- ☀️ Focusing on what we can control
- ☀️ How language and personal experience can play a role in how we interpret situations
- ☀️ How we find the confidence to take steps to achieve our dreams.

I'm excited for you to give this a listen - please let me know how this resonates with you!

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.](#)

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!