

E015 Why Belonging Really Matters — Letter Before You Leave

Letter Before You Leave

Episode: E015 — Why Belonging Really Matters

Dear Friend,

Before you leave today, I want you to know something I wish someone had told me in that waiting room:

You don't have to be strong enough.

You don't have to hold it together. You don't have to wipe your face and walk back out pretending. You don't have to carry this alone just because you've always believed that's what strong people do.

Strength isn't carrying the weight.

Strength is admitting you can't.

I spent ten days pretending. And on the tenth day, when I finally fell into my children's arms, the world didn't end. It held me.

If you're in your own waiting room today, whether literal or metaphorical, I'm pulling up a chair beside you.

You belong here.

Even if you don't like the reason.

Especially then.

Keep brewing.

— The Brewmaster

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