

E006 Worry Just in Time — Letter Before You Leave

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Episode: Worry... Just in Time
From: The Brewmaster's desk

The Letter

Before you leave today, I want to ask you something.

How much of what you're carrying right now actually belongs to this moment?

Not tomorrow's meeting. Not next month's bill. Not the conversation that hasn't happened yet. Not the diagnosis you haven't received. Not the outcome you can't control.

Today. This moment. This cup.

What belongs here?

I spent years carrying entire weeks at once. Dave Winter watched me do it and gently said the same thing over and over until it finally stuck: "Just in time, Ms. Fisher."

He was right. He usually was.

So today, I'm passing his words to you. Whatever storm may be coming, you don't have to live in it before it arrives. Prepare what you can. Release what you can't. And give today the gift of your full presence.

The storm will get its turn.

But today? Today belongs to you.

Keep brewing.

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