

SEASON # 1 EPISODE # 1 QUARTER # 1

THEME: AWARENESS THROUGH HONESTY

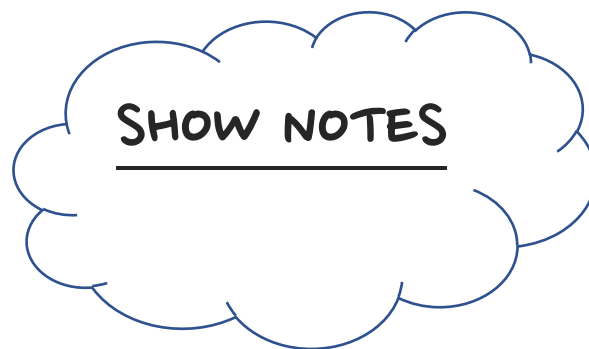
TITLE: INTRO TO See ME not asd: What are we here for?

MONOLOGUE QUESTION: How much time are you willing to commit to increase your awareness? To help shape a culture? To shift the mindfulness and thoughtfulness of your community? And to receive a better that you desire?

SEGMENT GOAL: Make it clear ---- we are this and not that.

KEY POINTS:

- One of my go-to authors for fun, concise, and unique thought is Seth Godin
- Gratitude for his teachings
- One of my favorite pieces of learned wisdom: recognizing we all have equally rich and equally conflicting lives
- I've released some expectations in an effort to be brave enough to do this podcast---recognizing it would be unfair



for me to expect you to understand or care how hard I've worked to get where I am, how important this cause is to me or how loud the noise is in my head

- I think we sometimes conjure up these expectations when we are trying to connect with others about something important to ourselves, but it really is unfair to them to do it
- Instead, I'm just here to share stories, narratives, and dreams
- I SEE a change to be made, a better to create, a cultural norm to shift and invest in, a VISION that matters
- Belief I'm not the only one
- Not everyone is meant to be on this journey
- I have enough respect not to waste your time
- I have enough respect not to insist you change your beliefs for ME
- But I will show up consistently, generously
- I will share my inspiration
- I will be of service to you
- This is the central hub and if you choose to show up and receive, here's what I'm committed to give you---
- Guidance without judgment,
- Perspective without pause and
- Possibilities without limitations



CTA: I'm not asking for likes, follows, reviews---I'm asking you to allow me the chance to earn your permission to stay with you as you journey, to earn the privilege of continuing to serve you.

CREATIVE CONNECTION: The logo was designed by KDB at age 4. I gave him the phrase, "see me not asd," and asked him to write it down without telling him what it meant. This was his visual response. Reminding us to love the ME we see and to minimize our focus on labels, diagnoses, and differences.

MANTRA: I SEE a change I want to make, a better I want to create, a culture I want to shift and invest in, and a vision that matters. I believe I am not the only one. I don't always know when or where, but I shall meet them in this place.