

Wynne Leon (00:00)

Welcome to The Life of Try, the show about what becomes possible when we trade perfection for curiosity and give ourselves permission to begin before we feel ready. Today we're talking about hustle, the kind we celebrate and the kind that quietly exhausts us, and the narrow line between trying with purpose and performing for proof that we are enough. How do we know when effort is coming from courage?

And when it's being driven by fear. And what changes when we stop hustling for our worth and start trying from the truth that we already have it? For me, the question began with a seven-year-old, a baseball camp, and one little award. My seven-year-old son won the Hustle Award at baseball camp last week. He lit up, he was proud, and I was proud of him. But the word stayed with me: hustle.

Because there's hustling towards the ball and there's hustling for your worth. One is effort, the other is fear wearing running shoes. So I looked it up. According to Miriam Webster, to hustle can mean moving with energy. It can also mean gaining something through underhanded effort. That's a narrow line and an important one.

It may be ask, what's the difference between trying and hustling? between being moved by curiosity and being chased by fear, between reaching for growth and reaching for proof that we are enough.

Researcher author and Professor Brene Brown writes, you either walk into your story and own your truth, or you live outside your story, hustling for your worthiness. That's the line. Trying says, I wonder what I can learn. Hustling says, I wonder who I could impress. Trying says, this matters to me. Hustling says, maybe this will make me matter.

I once had a work colleague who joined in on a couple of mountain climbs. He confessed that he climbed mountains just to have something to say at parties. On one hand, I totally get it. It's the hustler. On the other hand, it's cold comfort when you're slogging up the last thousand feet, wondering why you are there. There are better ways to create cocktail chatter.

I know the hustle has entered the room. When I start completing this sentence, I'll be lovable If I just achieve more, eat better, exercise harder, answer every message, become more capable version of myself by tomorrow morning.

that story sneaks in at the end of a long day. After parenting, working, and keeping five other creatures alive, including the cat and the dog and the gecko, it whispers today was not enough.

But perhaps tomorrow's version of me will finally earn a passing grade. But I've lived long enough with myself to call that story what it is.

There is not enough trying in this world to fill a hole created by believing that I'm not enough. So I come back to two questions. A wise friend and counselor, Dr. Vicki Atkinson, inspired me to ask my kids at the end of the day. How did I help? What am I grateful for? Those questions changed the scorecard. They move me from proving to participating.

From performing to connecting, from hustling for a life to actually living one. Sometimes the bravest thing I can do is leave the inbox unfinished and play baseball with my son. Sit down and watch my daughter dance. Make something with no purpose beyond joy. And when my inner hustler shows up, and she will, I do not shame her. I greet her, I ask her what she's afraid of.

And then I remind, we do not have to earn the right to be here. This is the life of try. Not trying to become worthy. Trying because we already are. So run hard for the ball. Take the risk. Make the art. Begin the conversation. Learn the thing that you may not master. But do not confuse motion with meaning. Do not let urgency choose your direction.

And do not spend your one wild life auditioning for your own approval. Try from curiosity, try from courage, try from love. Because hustling may win the award. But wholehearted trying, that's how we win our lives

Thank you for listening and for sharing a little of your time, attention, and curiosity with me today. If this conversation resonated with you, I recommend listening to the Art of Meaningful Conversation episode with Dr. Vicki Atkinson, created in celebration of 200 episodes. It's a thoughtful exploration of the questions and connections that help us live with greater depth and meaning. Until next time, keep asking what

matters.

Keep choosing curiosity over perfection and keep trying, not to prove your worth, but because you already have it. Thanks for being part of the Life of Try. If you enjoyed this episode, please subscribe to the Life of Try so you never miss what comes next.