Wynne Leon (00:00)
What if Yoda was wrong? And there is try. Welcome to the life of try. I'm so glad you're here. Wherever you are right now, in the car, on a walk, folding laundry, sneaking in a quiet moment before the day gets loud. Take a breath with me. This is our last episode of 2026. And today we're talking about trying, falling short, asking for help, and figuring out what is actually worth your energy.

As the holiday season rushes in. It starts with a Jedi Master, a plastic wristband, and one very earnest eleven year old. So settle in. Let's try this together.

Do or do not there is no try. That's Yoda Episode five The Empire Strikes Back. I've been watching the original Star Wars films with my kids

Because hey, their pop culture education is vital. And with all due respect to Master Yoda, and I do understand his point that our intention matters.

I believe there is a whole lot of space for try. Let me tell you why.

Not long ago, my kids and I went to a water park. My eleven year old daughter wanted to put the wristband on her younger brother, the one that gets us into the gate. She peeled off the cover, she wrapped it around, she pressed it into place. And my son said

It's too tight. And you know what? It really was. She was going for flat, smooth perfection, and she forgot to leave room to move. Her face fell. She'd meant to do a great job and now was upset about everything she hadn't seen coming. So I told her it's not a problem.

We went to the front desk, they snipped off the band and gave them a new one. One with a finger's width of room to breathe. Here's what I want you to hear. We try, we fall short, and then we find out how to get help. That is a critical piece of learning, friends. We do not have to do it alone.

and there's one more lesson hiding in that wristband. Is this important enough to be upset about? A replacement band? Free. No cost. Definitely not worth a single tear. And that reminds me of one of my favorite tools, the Eisenhower Matrix. Named for President Dwight D. Eisenhower. It's a two by two grid that sorts your tasks by urgent versus non-urgent, important versus not important.

I love remembering this one for our tries, especially as we head into the holiday season. Four boxes, four decisions. The urgent and important, do it. The important but not urgent, schedule it. The urgent but not important, delegate it. And the not urgent and not important, eliminate it.

Now according to the Eisenhower Note site, here's the most common mistake. We drop urgent but not important things in the do box because someone else made them feel urgent. Oh, I can relate. That's my kid saying,

Mom, I can't find my shoes and I can't wear anything else. that's the client who shows up after putting it off and says, we have to send an email tomorrow, even though the work to support it hasn't been done. Their urgency.

is not automatically ours. This is the last Life of Try podcast for 2026. So as we step into the final days of this year, keep sharpening your discernment about what is truly important and truly urgent. And if in the middle of trying something goes wrong, it's okay. Ask for help. Keep trying. I'll see you next year.

Thank you for listening to The Life of Try this year. Truly. Every time you press play, you make room for this conversation. And I'm so grateful you're here. If today's episode spoke to you, do me a favor, subscribe to the Life of Try so you catch every new episode in 2027. And if somebody in your life is in the middle of a big try right now, share this episode with them.