Wynne Leon (00:00)
Who are you? Really, who are you? Neuroscientist David Eagleman says who we are is shaped by the five people we spend the most time with. Five people. And that fascinates me. Because even when we believe we're out there trying all by ourselves, we are not. The people in your corner

Matter. They matter more than you think. Welcome to the life of try. I'm Wynne Leon. And today, let's talk about the five people in our lives who make the difference in every try, big or small.

The first category, the yesers.

I was in my late twenties and I was driving to the office when the idea hit me. I want to climb Mount Rainier. Just a crazy idea, right? Then I got there and my friends Doug and Jeff said, we want to climb too. Just like that, a crazy idea became a plan. That is the power of yes. So here's to the yesers. The ones who say yes to the adventures you propose.

I haven't always gotten friends to sign on to the climbs or other wild adventures. But on that first climb, having two people willing to say yes, critical. Absolutely critical. So who's your yes person?

And here's the flip side. Whose yes could you be? Number two, the guides. Long after my friend Sue retired from a career in telecommunication sales, she threw a party to celebrate a fitness competition. And I found myself talking to her former boss, Walt. This man was a fan of Sue's.

A true fan of everything she did. And I walked away feeling it. The boosts of guides and mentors. These are the people that share the notes on how the path unfolds. They teach you their tricks. And then they cheer you on to great heights, even when you are the one they trained. Find your guides and let them cheer. And then pass on your notes to someone else when you are ready.

Number three, the counterpoint. Now we need people who say no. Albus Dumbledore says it best in Harry Potter and the Sorcerer's Stone.

It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends. That is the counterpoint. The naysayer, the not yet sayer, the one willing to point out all the risks of what you're setting out to do. Maybe they lean towards inaction. Maybe they just have a different life. Maybe they just have a different timeline for thinking and planning.

Whether or not you follow their timing, their advice, their job is to give you a pause. And a pause is a gift.

four, the foundation. In Batman lore, Alfred Pennyworth is Bruce Wayne's butler. But he is so much more a helper, a strategist, a voice of reason. The people in your foundation aren't always the ones who sign up for the adventure, but they will help you prepare and they will help you clean up after.

Sometimes it's the friend who listens to the story of the heartbreak again and again and again. Or the one that shows it up with the soup and tea when your most recent try hasn't gone the way you hoped. They know the power of showing up, and they're not scared to do it, even when things have fallen

apart.

Five, the visionaries. My fifth category. The people who inspire you, motivate you, and remind you that you can do great things. In my life, some of the visionaries have been people I've listened to, read, and never met, like Brene Brown. But most often these days, these are my kids. On a recent hike, my seven year old son approached every obstacle with curiosity.

A log across a trail wasn't a barrier. It was a place to look for squirrels. My eleven year old daughter has an incredible ability to forget adversity. Sore blistered feet Gone the moment we get a post hike milkshake. And then they're both ready for more. They are the reason I get off the couch to try most things. To see the world with their energy and curiosity, and to remember that we are all

All playing a part in shaping each other's brains for better or for

worse.

So here's my challenge for you this week. Name your five. The yeser, the guide, the counterpoint, the foundation, the visionary.

Then reach out to one of them and say thank you. And then be that person for somebody else. Because you were never meant to try alone. Thank you for listening. I'm Wynne Leon, and this is Life a Try. Go try something.

For companion listen, explore the power of saying yes with Natasha Dillinger. Subscribe to Life a Try wherever you listen, and join us for the next try. See ya next time.