

What a wild and weird decade it's been!

These things all happened

Lifestyle & Personal Health

- Massive weight/fat loss and muscle-building
- Rediscovered old hobbies (needlecrafts, reading, films, baking, live music)
- Moved four times (three major moves)
- Went blonde

Relationships

- Four new grandchildren and one wedding (younger daughter)
- Divorce finalized (after almost three decades of marriage)
- One doozy of an LTR (learned many lessons) and multiple dates (both online and IRL)
- New friends in AZ and re-connections with old friends

Work

- Launched a personal brand & associated content
- Taught myself AI and a wide range of technologies
- Re-invented myself as a content strategist/writer & thought leadership event planner
- Attended multiple conferences
- Served on two boards and volunteered
- Wrote four books (AI & robotics, dating, manifestation for skeptics)

Misc. Bold & Quirky Things

- Did stand-up comedy (2x)
- Launched a podcast (close to 200 episodes)
- Monthly content shoots and lots of video and photo "practice"

Losses & Hurts

- Went through the deaths of my younger brother and mother
- Broke my ankle (and perhaps my nose)
- Had multiple minor surgeries (teeth, shoulder, thyroid)
- Survived a little thing called the pandemic (good for business, sucked for life)

THINGS I LOVE

- Teaching/inspiring
- Creating content (storytelling), speaking, trade show visits and “shopping new products/services,” organizing conferences
- Domestic arts
- Travel & meeting new and random people