



I love TV. Always have. Loved watching it when I was little. Getting on CFRN's Popcorn Playhouse was my dream. It was a local show that hosted kids' birthday parties and starred a moose who told knock-knock jokes. The hour when Sesame Street aired was sacred. Sonny and Cher, The Walton's, The Wonderful World of Disney, and even Hockey Night in Canada were shows that defined my childhood, and I loved them.

I would pretend to be a television character or personality. I made up commercials or pretend TV shows and would act them out for anyone who would watch.

Then one day I got to be on television, and someone was actually willing to pay me to do it. The magic was never lost on me, ever, not even after 18 years.



Then one day I felt The Nudge.

I still loved the TV part of my job but something inside of me was whispering that it was time to move on. But if I move I won't be able to share this magic with those I interview, with the community, with viewers.

I was terrified. How do you just give up one of the great loves of your life?

So I called The Nudge expert, Anna Harvey, Life and Career Transition Specialist. I asked for her to help

me and then we were underway - clear in our understanding that she'd guide the process, and I'd show up committed and willing to be open.

During the next six months working with Anna there were shifts and multiple epiphanies and then one day I looked that "Nudge" in the eyes and I asked the million dollar question, "can I trust you?" Pause, silence, then I lean in, look deeper, and I am sure I hear the word I am aching to hear, "Yes". But I am not sure what yes even means. Do my job better, or different, or change how I approach my love affair with television? WHAT?



Then in one transformative session Anna shows me two things. She drew a picture of my heart and then she drew a circle around it. She explains that when my heart is covered in noise, it's hard to hear its message. The first circle represented the noise of those darn gremlins that live in my head; and the things they were saying to my heart were mean, and false. The second circle she drew represented the noise of unsupportive societal messages.

No wonder I couldn't hear my heart!

Then she stood up and drew a line in her carpet, describing The Line of Courage. Now I understand that as each of us walks towards it, it's natural to feel those gremlins, those forces holding us back, but once we step over it all that energy will be transformed and we will feel it behind us, lifting us, carrying us, giving us momentum to fly to our truest, happiest self. (Anna has stepped over her own Line of Courage. She knows this path, and has soared into her place of teaching - love Anna).

Still, I loved television. So, I interview more people, I edit more stories, I share more love.

Then on National Shakeout Day, when I am hiding under my desk from the pretend earthquake, The Nudge leaps out and the gremlins go flying, everywhere. Then and there, I realize The Nudge doesn't want me to give up my love of television. But to be brave enough, wise enough to just cross The Line of Courage.



I crawl out from my desk shaken from the pretend earthquake, from my moment of vulnerability. We all return to normal, to as it was, and I brush off The Nudge and get on with my day.

But something has shifted.

I can't ignore it anymore and as the day goes on The Nudge gets assertive, so pushy, in fact, it actually hurts. As I walk to my car, the earthquake, the day, the pain behind me, I know for sure exactly what I finally need to do.



As I step over that line of courage I finally get it.

I don't have to step over it alone. I have my Creator carrying me, and my family and friends cheering for me. And as we soar into the next big thing, I realize I get to take with me all the people I have interviewed, all the stories I have helped tell and all the wisdom, love and laughter this beautiful 18 years has given me.

The view on the other side of The Line Of Courage is amazing, a bit scary, but mostly exhilarating.