

She Said/She Said Podcast with Laura Cox Kaplan

Episode 219 “You Can Be Perfect or you can be happy: how to let go, worry less, and enjoy life”

Guest: Karith Foster

Laura Cox Kaplan ([00:07](#)):

Building influence is something anyone can learn. It's an investment you can make in yourself, and it can hold the keys to achieving your dreams and having the life and impact you want to have. I'm Laura Cox Kaplan. I've learned a lot over three decades about building and sustaining influence and how using it and using it effectively can make a big, big difference in your life and career. Here on She Said, She said Podcast, we're digging into the different dimensions that help us build and sustained influence. If you thought being an influencer was just for social media, think again. Whether you're starting a business, raising money for a cause, negotiating a promotion, running your household, or trying to connect with those who don't share your views, understanding and using the different dimensions of influence will increase your chances of success. Whatever your goals may be, listening to She Said, She Said Podcast is a smart, efficient investment you can make in you. I'm really glad you're here and I'm excited. We're on this journey together.

Laura Cox Kaplan ([01:20](#)):

Hey friend, welcome to She Said, She Said Podcast. This episode is episode 219. It is part two of my two part conversation with Reformed standup comedian, now author and entrepreneur. Karith Foster, If you missed part one, episode 218, please be sure to go back and check it out. Karith and I cover some incredible topics in part one, including how to make humor a transferable skill and learning to use it even if you aren't a standup comedian. But my favorite part of episode 218 is when Karith talks about the importance of saying yes, a lesson that she learned the hard way, but equally as important, what happens when we may have to look a bit harder for the silver lining once we do say yes. I'm referring of course to her experience on imus in the morning. It's an incredible story, and I had so many takeaways and I think you will too.

Laura Cox Kaplan ([02:24](#)):

Karith's story also reminded me of some of the topics I talk about in episode 217 using Story to Tame Our Fear. If you miss that one, I hope you'll go back and check it out as well. Now in this episode, episode 219, part two of my conversation with Karith, we jump in right where we left off and we talk about her terrific book, which is entitled, You Can Be Perfect or You Can Be Happy, How to Let Go Worry Less and Enjoy Life. Karith shares several lessons from the book, but perhaps the most important is the lesson that led to the book's title. Here is part two of my two conversation with the fabulous Karith Foster.

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Guest: Karith Foster

Karith Foster ([03:11](#)):

Right? My book didn't get written instantly. I started, the idea for the book came probably about 10 years ago actually, and it took up until it came out in 2020. It took that long to marinate a little bit, and then for me to get the right, and sometimes I would write my book between three and five in the morning on my phone. There's not always a direct way to go about something, so don't worry about being right and join it perfectly. That's probably the biggest lesson and be open to fail forward. That's what these tech companies do. That's what these CEOs do. We have this image, I think of successful people as people who have it all together, who've never made an error, who just, they instantly automatically know what to do. Those are the people that are usually the most open to making the mistakes, to having something go in a direction that they didn't plan. But I'm gonna use this and learn from it and correct so that it's even better. And I think we as women tend to not, We're so hard on ourselves, we're so hard on ourselves and believing that if we do don't do something right, that's a reflection of our value and of our worth and of who we are, and that then has a horrible effect on our esteem.

Laura Cox Kaplan ([04:28](#)):

Yeah. Okay. That's the perfect transition to talk about your fabulous book, which you just mentioned, which came out in 2020 a pandemic book, if you will, but it had been in the works for several years. Maybe talk about why this book, it's called You Can Be Perfect or You Can Be Happy. I love the title. It obviously gets right in the middle of this idea of perfection and being too hard on ourselves. But maybe talk about why this book, because at the point at which you wrote this book, you had launched your business and you were doing that simultaneously. So why this book and how do those pieces fit together? Karith

Karith Foster ([05:06](#)):

Multitasker, Guilty

Laura Cox Kaplan ([05:07](#)):

Journey <laugh>, and you're a mom and you're doing all these other things. Yes, I

Karith Foster ([05:12](#)):

Got gerbils and cats

Laura Cox Kaplan ([05:14](#)):

<laugh>, we

Karith Foster ([05:18](#)):

So spoiler alert, the title is You can be Perfect, you can be happy. Spoiler alert, there is no such thing as perfection. I get that out right outta the way immediately. But that doesn't mean that people don't strive for perfection. And what I found was it's the idea of perfection that is actually harming us, that is actually not helping us move forward in our lives. It shows up in so many different formats. One of them is, I call perfection paralysis. When we get so excited about wanting to do something, Well, pardon me, me, I have my little policy circle water bottle. But we get caught up in this idea of wanting to do something perfectly or so well that we end up not doing it at all. But then we don't think of that as perfection. We think of this, Oh, I'm lazy. Oh, I'm a procrastinator. Oh, just whatever, have these issues. No, you're just a perfectionist <laugh>. Again, it's not story

Laura Cox Kaplan ([06:20](#)):

Recognizing that that story

Karith Foster ([06:22](#)):

Created the story. Yes, absolutely. Absolutely. So the idea of the book was, yes, perfection is a lie, but happiness is a choice. Now, there's a caveat to happiness being a choice, and that happiness is not a constant. And unfortunately, we are in a society where we believe that we're supposed to be happy all the time. We're supposed to be on all the time. We're supposed to look good all the time. In this world of Instagramming and ticking and social media, if you don't have the right look and then something's wrong with you, if you don't have a smile on your face, something's wrong with you. If you're not wearing the right clothes or driving the right car, something's wrong with you. If your living room or your backdrop doesn't look perfect when you're zooming, something's wrong with you. And that's bs. It's nonsense. It's utter nonsense because real life exists.

Karith Foster ([07:10](#)):

We're not gonna be looking fabulous all the time. Our car is gonna be a mess. Sometimes our living room, there's gonna be dishes in the sink. That's real life, and that's okay. And I like to draw the equivalent of happiness too. You ever see a heart monitor, right, An ekg, whether you personally had one or you've seen it in the movies,

and it's this up and down and up and down, and that's life. That is literally life and that is happiness as well. And the only time are in trouble, just like in life is when we have a straight line. So we have to enjoy the highs when they're there and relish in them and understand that when we have the lows, that those are temporary as well. And that's not a place of permanence. And it's okay, because if we didn't have either, how would we know when things were good and things were bad, Right?

Laura Cox Kaplan ([08:04](#)):

Yeah, absolutely. Absolutely. I love that. I love that you break down the pieces in your book around something called basic B A S I C, or is it basic,

Karith Foster ([08:18](#)):

Getting back to the basics, Basics six, Yes.

Laura Cox Kaplan ([08:19](#)):

B, you break it down, B, A S I c S. Maybe talk a little bit about the methodology that you came up with and why that particular format.

Karith Foster ([08:29](#)):

Absolutely. Well, I think that a lot of the stuff that I'm telling people not new, right? It's basics. It's the basics that you kind of grew up hearing or knowing about, and maybe you weren't fully introduced to it. Maybe it just didn't resonate at the time. Maybe this is my voice is going to penetrate that barrier that you built up. Or maybe it might be new information, but it's basic. It's not basic as in like, Oh, that's so basic. It's, its, it's basic as in it's not that hard. Simple, right? Right. It's simple, simple. You don't have to go and get a college degree to <laugh> work this <laugh>. And so getting back to the basics is an acronym for multiple ideas. And so for the first Be, for example, is about be present, be kind. Don't just be kind to other people. Be kind to yourself.

Karith Foster ([09:24](#)):

There's this fabulous book out there. It's hundreds of thousands of years old and there's a great line. It says, Love your neighbor as yourself. How many of us are really loving ourselves? Right? And then we're shocked that the world's going to hell in a hand basket cuz we can't get along, we can't love our neighbor. Well, we don't even like us. We look in the mirror and the first thing we say is something usually pretty awful stuff that if a complete stranger said it to us, we'd be like, Who raised you? Right? That's horrible. And

we do it to ourselves. We do it to ourselves. And so one of my favorite a's is ask for help. Ask for what you want and be specific. I have a funny story in the book, and it is in my comedy act, but it's a true story. I made the mistake of not asking for what I wanted or being specific.

Karith Foster ([10:17](#)):

I was six months pregnant, we were living in Southern California. It was hot as heck. And my husband, my new husband, because we'd only been married about, Well, we got pregnant the day after we got married, so oh my gosh, we don't even married six months, right? And he's like, Well, what do you want for your birthday? And I go, Oh, surprise me. Right? Big mistake. Huge as Julia Robert said in Pretty Woman, Huge. So I hear him on the phone going, Oh, she can't, Yeah, no, she, she's gonna be nursing. Oh yeah, no. Oh, okay. And he hangs up, very disappointed. I'm like, What did he get me? And in my mind, I'm thinking it was something cool skydiving, like something I obviously couldn't do pregnant, but I'm like, I don't know what that has anything to do with nursing <laugh>. But that was in a visual.

Karith Foster ([11:02](#)):

I needed <laugh>. So I go, Well honey, what was it? What did you get me? And if anyone on this podcast has been pregnant or knows a pregnant woman, that bodily functions happen arbitrarily. And some completely slowed down. And mine had slowed down at some point, and I was feeling very stopped up, if you will. And so my husband looks me dead in the face and goes, Well, you know how you said you've been having trouble going? And I said, Oh, dear God. I go, What did you do? He goes, I got you a colonic, <laugh>. I said, Oh, what? He goes, I got you a col. I go, No, I heard you the first time, Jack Rabbit. I'm like, Jewelry didn't cross your mind. And without hesitation, he goes, Well, if you think about it, it's really like a day spa for your bum. <laugh>. As true as that may be, that it's still the crappiest, pun intended, present, you could get another human being, especially someone carrying your child. I was so mad. I was so angry, Laura. I go, You know what? That's it. I go, You take it, you use it. And then he goes, I can't. I go, Why can't you? He goes, I bought two

Laura Cox Kaplan ([12:10](#)):

<laugh>.

Karith Foster ([12:10](#)):

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I go, Why on Gods screen Earth would you buy two colonics? And he goes, So we could go together. Oh yes. Mm-hmm. <affirmative> heard a couple's massage, even heard a couple's therapy. Probably wouldn't have been a bad idea. Never heard a couple's colonic. Still to this day, 10 years later, <laugh>. So ask for what you want. Right? That's the lesson there. Ask for what you want.

Laura Cox Kaplan ([12:35](#)):

I love it. It's sweet. It's very, it's on some level, it's sweet

Karith Foster ([12:39](#)):

<laugh> as my mother who saved my marriage that night, said that was a gift from his heart, not his head.

Laura Cox Kaplan ([12:46](#)):

<laugh>, a hundred percent. Okay, ask for what you want. Maybe let's walk through some of the other letters in basics.

Karith Foster ([12:58](#)):

The next well, the S that comes up is Stop it. Stop it. People are like, Stop it. Stop What? Stop comparing yourself to other people. Stop it. And I know that's a really challenging one because it's so easy to do when we see especially really successful people doing really great things, living a really great life on the surface we do not know what's happening behind anybody's door. Yeah. The grass is greener on the other side. No, the grass is greener when you water your own lawn,

Laura Cox Kaplan ([13:29](#)):

Love that

Karith Foster ([13:31](#)):

Stop obsessing over things that you can't control. All you were doing is setting yourself up for disaster, for extra worry, for expending energy that you could be using on something else. And I still have to catch myself. I wrote this book and I'm still like, I have to go back and read it. Cuz I'm telling you this was downloaded, This came from stories <laugh>. But it's stuff like, honestly, I mean, this book was almost a giant note to self, I'll be honest. Because it was so many elements to it that I knew I needed to work on for

myself personally. And I realized that if I needed it, then other people needed it too, that I wasn't alone.

Karith Foster ([14:19](#)):

And so stop judging, it's so easy to judge. When I started doing standup, one of the best lessons I learned was from a gentleman who unfortunately made a horrible mistake. He suffered from alcoholism and was supposed to perform on the Tonight Show, back when just going on The Tonight Show made you a star. And he called up the booker drunk and had rage and cursed him out. And so he lost it. And so he kind of dedicated his life afterwards to still being in the comedy world a little bit, but mentoring people. And he took a group of us young women kind of under his wing, and he mentored us. And I called him my comedy professor. And one of the things that he said was, When you judge someone else, what you're essentially saying is, you are right and they're wrong. And there's only one way to see it. And basically your judgment means that everybody else on the planet has to agree with you a hundred percent. He goes, Why would you do that to yourself? Why would you put that on anybody else? First of all, if you're judging other people, you're gonna feel like you're being judged. He goes, Have an opinion. Opinion. Well, this is a co family show opinions are like belly buttons. Everybody's got one, right? You're entitled to your

Laura Cox Kaplan ([15:32](#)):

Opinion <laugh>.

Karith Foster ([15:35](#)):

And it just, it's almost like it takes this weight off of you, right? This weight of, Oh, wait a second, I don't have to be the judge, the jury, and the, you know what I mean? It's just like, Oh, wait a second. That that's just how that person's choosing to live their life. Okay, That's not really affecting me. They're entitled to do that. And I feel like if we could incorporate that, and so you see, there's so many tie-ins between adversity and perfect or happy,

Laura Cox Kaplan ([16:01](#)):

Right?

Karith Foster ([16:03](#)):

And the idea is let people do them, be them. You know? Do boo. Now, my whole thing is, so long as children and animals aren't being harmed and every adult is consenting, go for it. Go for it. But we get so caught up in wanting to be right, Right? And having the way that we feel about something, feel other people should believe that and feel that way too.

Laura Cox Kaplan ([16:25](#)):

Yeah. Well, and it obviously is really difficult to create a connection with somebody who has a different point of view if you're so determined to just be all the time. One of the themes that runs through this podcast in a big way is this idea of influence, how we build it and how we sustain it. And one of the verticals under that is about connecting, building relationships. Building relationships that are sustainable. And a lot of what we've talked about today really reinforces that idea of how you build a connection and a relationship with somebody who has a different point of view potentially. Maybe talk a little bit about this idea of influence as it relates to your work and what it's come to mean to you.

Karith Foster ([17:15](#)):

Absolutely. Well, I think so much of being an influencer starts with who you are and honoring and accepting yourself. Because that's when you can show up in confidence. That's when you can show up wholly. And I mean, as a whole person, as your authentic self, which is very challenging. Again, because we talk about how easy it is to have the comparison game going on, how easy it is to not value yourself. And there's something that I speak about within adversity. It's the care methodology which stands for conscious empathy, active listening, responsible reactions, environmental awareness. And I think a lot of people think that this book that I wrote, *You Can Be Perfect, You Can Be Happy*, is a self-help book. It's actually a book on personal responsibility. It's actually a book on owning your greatness. But in that act of owning your greatness, what you're also doing is you are being personally responsible for who you are. Meaning you're not allowing anyone else to deter you from that greatness, to rob you of that greatness through their words, through their actions, through their personal belief system.

Karith Foster ([18:25](#)):

That shouldn't affect you. Now, unfortunately, we are in the day and age where the way somebody looks or thinks or votes can be offensive to some people. And that's so unfortunate because that's, that's not honoring our divinity, that's not honoring who we

are as human beings, who we're put on this planet with a purpose. And my goal is to bring people kind of back into that space, and especially with younger people who feel so disconnected. And I feel like that's why we see so many people reaching for things to have a stronger identity because they feel so disconnected from themselves that they're looking for something outside of themselves to validate who they are. And I have no problem with people wanting to be called a certain pronoun or identifying as whatever. But the idea is understand that that's not all of who you are. That's just one faction, one tiny faction.

Karith Foster ([19:23](#)):

And don't let anybody siphon you into that, especially yourself. We're not monoliths. And that's, I think, where we've kind of gone astray with the whole diversity and inclusion movement is that the idea is, well, if you're in a marginalized group, then you're this, and this is the path that you are on, and we'll always be on. If you're not part of a marginalized group, then this is who you are and you're perpetuating the problem. And this overgeneralization this, putting people into these categories, this creating of creation of victims and villains, that's a no win scenario for everybody involved. And it's insulting. It robs us of our agency. And it's not okay. It's not okay.

Laura Cox Kaplan ([20:07](#)):

Yeah. Yeah. Karith, if you could go back and give 22 year old Karith, maybe a single piece of advice. We've talked about a lot of advice in this podcast, but maybe one thing that you wish you had known.

Karith Foster ([20:23](#)):

Well, I tell her to read this book, <laugh>, If I

Laura Cox Kaplan ([20:25](#)):

Haven't

Karith Foster ([20:26](#)):

<laugh>, be like, Girl, this would save you a world of trouble. Believe in yourself. It's gonna be okay. It's gonna be okay. It may not be a straight path. In fact, it's actually gonna be pretty great because it's not gonna be a straight path. But enjoy that relish in it and don't worry so much. Oh God, I worried so much about everything from an early age. I mean, I was one of those really, really bright kids. I was reading at three and I

wasn't allowed to watch a lot of tv, but I was allowed to watch the science shows. And I remember at five going crying to my mother after watching the science show, thinking that I could spontaneously combust because they said it happened to one in a billion people. And my mom's like, Well, you're special. I'm like, Well, I'm that special. I'm one of those people that might. So I worried about stuff like that from, I worried about getting into college when I was in the seventh grade. You know what I mean? I worried about am I gonna be able to get married and have kids and am I gonna have the dream, the job that I want? I worry. I spent so much time worrying, so much energy that I wish I could get that back and you can just move forward. But how

Laura Cox Kaplan ([21:40](#)):

Did you learn to control that aspect though? Because that can be a difficult thing for an awful lot of people.

Karith Foster ([21:46](#)):

Meditating, journaling, writing, writing really helped <affirmative>. And I would write future notes to myself and then I would go back and read them and see all the things that I was worried about or concerned about, never even came to fruition. That whole fear, false events appearing real. Like you said, most of it happens in our own heads, in our own minds. And we get in our own way with that. And it, it's about retraining the brain, quite honestly. I mean, it's like a muscle. You have to exercise because it's not like you just hear it. Oh yeah, care. It's right. I should stop worrying you every day. Every day. You have to set yourself up to be in a place of calm. I did an exercise with everyone at the policy circle where we sat in a position and did something with our arms that allows us to basically reset the nervous system, reset our sympathetic and parasympathetic nervous system.

Karith Foster ([22:41](#)):

And it's something you can do within five minutes that feels like you just did an hour of meditation or yoga. And so finding these little ways to take care of yourself, getting enough sleep if you can, and need a nap in the middle of the day, take that power nap, drink more water, get the, most of the time we have headaches, it's cuz we're dehydrated, right? Not cuz there's something wrong with us. So we think, Oh, I gotta go pop that Tylenol. No, you need to go drink a bottle or two of water and maybe cut back on the coffee a little bit.

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Laura Cox Kaplan ([23:12](#)):

And most of all, be kind. Recognize that your body needs something and be kind to it be. Which is a hard thing to

Karith Foster ([23:20](#)):

Remember. Yeah, it is hard to remember because especially if you were a multitasker, if you are busy, if you're a professional woman, if you have a family or E all of the above <laugh>, you're spread thin. You are spread thin. Yeah. So that being, it really has to come to the forefront cuz self care is not selfish, not, And we have to remember that and remind ourselves and others of that.

Laura Cox Kaplan ([23:46](#)):

Yeah, I love that. So Karith, we've talked a little bit about the book already, but why this name? You can be perfect or you can be happy.

Karith Foster ([23:56](#)):

I wish I could say it was originally all mine. Karith's genius came into play about 10 years ago, actually 10 years ago. Cause she just turned 10. I gave birth to my first child and she was a beautiful baby, but she came out really teeny tiny. The midwife and the OB were both saying she was gonna be six, six and a half pounds. She came out at four pounds, 10 ounces, which was a surprise to everyone. I was able to give the birth that I wanted in water at a birthing center. But what I wasn't given instruction on was how to nurse properly and effectively. And she was so tiny that she couldn't latch properly. And I did not realize that. So for the first couple days of her lives, she was getting nothing. She was getting no nourishment. And I didn't know for the wiser, I took her to the pediatrician, she dropped down to three pounds something. The pediatrician's like, Oh, babies always lose weight after they're born. It's natural. I'm like, No, this isn't natural. Went back to the midwife, they're like, Hold on a second. And they went to the this is at the birthing centers. They went to the fridge and got some donated breast milk and with a little tube, they put it in my daughter's mouth and it was watching a black and white TV turn color.

Karith Foster ([25:16](#)):

And I realized that she was on the verge of dying. She would've died if we had not had that experience happen. And this commercial's like, You got one job, you got one job. That was me. I'm like, I had one job to keep this child alive. That was my one job. And I fortunately found a lactation clinic near me. I gave her formula. Of course, when I had to,

I had some wonderful friends donate breast milk. And I lived at that lactation clinic, I called it Baby Breastfeeding bootcamp. And I lived there. It was my job because it was from every hour they were open till they closed Monday, Wednesday, and Friday. And worked on getting her to latch, did the nipple, shook, all that stuff. But in the meantime, one of my girlfriends who happens to share a birthday with me she came to visit just to give some love and support.

Karith Foster ([26:07](#)):

And she just saw me just beating myself up mercilessly. And she said, Look, Karith, you can be happy or you can be perfect. She goes, I choose happy. And again, the chorus of angels should have started singing. The heavens should have opened up. But it was just like at the time, I was tired, I was worn, I was beat. And I was just like, what a nice thing for my friend to try to say. But what she said, it marinated and I juxtaposed it. Right? You can be perfect or you can be happy. And I thought about for years, again, this was 10 years ago. The book came out only two years ago. I thought about how much of my life I'd spent trying to be perfect, right? The perfect friend, the perfect daughter, the perfect student, the perfect girlfriend, the perfect wife, the perfect employee, whatever. And what was that costing me, right? It was certainly costing time and money and energy, but it was costing me joy. It was costing me happiness. And again, I had that moment of, well, if I'm feeling this way, then I'm sure other people are too. And that was why I was like, I gotta get this book out. I have to. So people again, they know they're not alone.

Laura Cox Kaplan ([27:27](#)):

I love it. Karith, if you could go back and give 22 year old Karith, maybe a single piece of advice. We've talked about a lot of advice in this podcast, but maybe one thing that you wish you had known.

Karith Foster ([27:42](#)):

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Laura Cox Kaplan ([27:44](#)):

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Karith Foster ([27:45](#)):

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Laura Cox Kaplan ([28:58](#)):

How did you learn to control that aspect though? Because that can be a difficult thing for an awful lot of people.

Karith Foster ([29:03](#)):

Meditating, journaling, writing, writing really helped <affirmative>. And I would write future notes to myself and then I would go back and read them and see all the things that I was worried about or concerned about, never even came to fruition. That whole fear, false events appearing real. Like you said, most of it happens in our own heads, in our own minds. And we get in our own way with that. And it, it's about retraining the brain quite honestly. I mean, it's like a muscle. You have to exercise because it's not like you just hear it. Oh yeah, you care. It's right. I should stop worrying you every day. Every day. You have to set yourself up to be in a place of calm. I did an exercise with everyone at the policy circle where we sat in a position and did something with our arms that allows us to basically reset the nervous system, reset our sympathetic and parasympathetic nervous system.

Karith Foster ([29:59](#)):

And it's something you can do within five minutes that feels like you just did an hour of meditation or yoga. And so finding these little ways to take care of yourself, getting enough sleep if you can, and need a nap in the middle of the day, Take that power nap, drink more water, get the water. Most of the time we have headaches. It's cuz we're dehydrated, right? Not cuz there's something wrong with us. So we think, Oh, I gotta go

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Laura Cox Kaplan ([30:30](#)):

And most of all, be kind. Recognize that your body needs something and be kind to it. Be kind, which is a hard thing to remember.

Karith Foster ([30:38](#)):

Yeah, it is hard to remember because especially if you are a multitasker, if you are busy, if you're a professional woman, if you have a family or E all of the above <laugh> you, you're spread thin. You are spread thin. Yeah. So that being kind, it really has to come to the forefront cuz self care is not selfish. It's not. And we have to remember that and remind ourselves and others of that.

Laura Cox Kaplan ([31:03](#)):

Yeah, I love that friend. That concludes part two of my two part conversation with Karith Foster. To find the complete show notes, please head over to my website and she said, said podcast.com and click on episode 219. There you will find links to Karith's book. You can be perfect or you can be happy. How to let go worry Less and enjoy life. You'll also find a link to her website as well as a few other things, including a full free downloadable transcript of this episode. There are so many lessons and takeaways from this two part conversation with Karith, including so many ways that her story reflects aspects of how we can build and sustain influence in our lives. I'll be sharing a few more of those on social media over the course of this week. So please be sure to follow me on Instagram, LinkedIn and Facebook.

Laura Cox Kaplan ([32:00](#)):

You'll find me at Laura Cox Kaplan, Most of all. Friend, I hope you found this investment of your time worthwhile and I'd love to hear your feedback on this or any of our, she said, said podcast episodes in particular. I would be so grateful if you would take one minute or maybe two at the max and share some love in the form of a review of she Said, She Said podcast on iTunes. Those reviews help me improve our content and that's important for you cause it results in a better product each week and it's what friends do. So think about it. I would be really, really grateful. Until next week, you take care.

She Said/She Said Podcast with Laura Cox Kaplan

Episode 219 “You Can Be Perfect or you can be happy: how to let go, worry less, and enjoy life”

Guest: Karith Foster

She said podcast is produced weekly by she said, she said media.