



311: Find Low-Key Closure

I'm Emily P. Freeman, and welcome to The Next Right Thing. You're listening to episode 311. I'm an author, a spiritual director, and an occasional workshop leader. I live in the Piedmont of North Carolina with my family, and through my work I've helped thousands of spiritually thoughtful people overcome decision fatigue so that they can discern their next right thing in faith, work, and life. You are enjoying this podcast ad free because of the generous support of subscribers to the Soul Minimalist on Substack. You can learn more and subscribe at emilypfreeman.substack.com. That's where we'll continue the conversation about discernment and decision-making for anyone who wants to move beyond the pro con list. If you struggle with decision fatigue, chronic hesitation, or if you just need a few minutes away from the constant stream of information and the sometimes delightful but also distracting hum of entertainment, you're in the right place for discerning your next right thing.

In this episode, I'll share what it could look like to begin to bless the hellos and goodbyes of your life no matter what they are. I'm also so excited to share a few free resources that will help you do just that. Listen in.

\Well, I have three things to tell you and I'm so pleased to be able to finally do so. Y'all, I've had this date circled on the calendar for months. Well actually, reframe. I've had last week's Tuesday circled on the calendar for months, and then sort of last minute-ish, we had to move it to this Tuesday, this episode. But it doesn't matter, because here we are and I finally get to tell you about a brand new resource we've made for you, and I want to gently beg you to listen until the end where I'll give very clear instruction about what to do next. But first, a story.

When I announced back in October that I wrote a book called *How to Walk Into a Room*, and that it was to help you learn the art of knowing when to stay and when to walk away, the most common response I received from listeners and readers was this. "I need this book now. I can't wait until it releases in March because I need help knowing if it's time for me to stay or walk away from this job, this community, this space I'm in that I have red flags about." So I took that feedback and, at least in the Soul Minimalist private Instagram where members

of my Substack community have conversation, I played around with an idea to try to engage with the concepts and principles of how to walk into a room even though no one had read the book. As you can imagine, I found that to be difficult to sustain. Because while there is a simple framework for discernment that I share in the book, without the book to refer to, it felt clunky to try to talk about and to walk people through.

But one thing I also know that we need and that I knew I could provide, whether you're working to discern if a place, a relationship, or vocation is a place you're meant to be is some kind of practice for beginnings and for endings. Some way to acknowledge our hellos and goodbyes. If life were a house and if every room holds a story, we know some of those stories are celebratory and generative, while others may be deeply tragic or just a regular amount of sad.

Many of the rooms of our lives hold stories filled with a mix of all of those things and then some things in between. So there are those rooms we are questioning right now, yes, but there are also so many rooms we've already exited and entered. All the while, we may walk in and out of those rooms without knowing or naming how they've shaped us or the gifts and the griefs we've collected along the way. And so we keep on engaging our daily routines without thinking, we have milestones pass without any fanfare. And so I wanted to create a way for us to pause, to recognize the hellos and goodbyes we've already said, including not only the days we circle on the calendar, the ones that mark celebratory beginnings and endings, but also the ones that come to us unexpected and sometimes unwelcome, because we're always walking out of rooms and walking into new ones, and we're always saying both hello and goodbye.

The first thing I want to tell you is I made a thing. I created a brand new audio collection in the Quiet Collection app called Blessings for Hellos and Goodbyes. It's the same format you're familiar with with transcripts and original piano music written and performed again by the one and only Caleb Peevy. The best part of all is that this audio collection is completely free, when you pre-order *How to Walk Into a Room*. This resource is not designed to help you discern if it's time to stay or walk away. The book will help you do that, and also the book will help you develop your personal practice of discernment about what to do when a room you're in may be a room where you no longer belong. But the Blessings Collection is a gift and a resource to help you notice and name how the endings and beginnings impact you on the inside, in the quiet, sacred space of your inner life. It's for you right now today, for the goodbyes and hellos you've already said or are currently saying. There are blessings for goodbyes, like a blessing for leaving a beloved space, and a blessing for walking away from something you're good at. There's also blessings for hellos, like a blessing for starting over and a blessing for the first day. The idea is that you can engage these blessings as you go along your way, return to them with a nod of recognition that, yes, this happened, this is happening, or it will happen soon, and it matters. The blessings for hellos and goodbyes are designed to be useful before, during, or after you've read the book and will hopefully be a kind companion for you as you navigate the various hellos and goodbyes of your life.

That's the first free resource we have for you. Remember, listen till the end when I'll tell you how to get them. The second resource is a companion workbook that goes along with the Blessings Collection. It's a downloadable workbook to guide you through a process of naming your small, huge, terrible, lovely, and regular hellos and goodbyes. It includes process pages and question prompts, as well as transcripts of all the blessings for easy keeping and printing. I printed out the workbook today and I love it so much. It's simple, beautifully designed. I hope most of all that it will be helpful for you to process and bless some of those goodbyes that never got the attention, as well as celebrating some of the hellos that may have gone by unmarked.

The workbook is the second free resource, and the final one is an invitation to join our secret room book launch team and become a roomie. If you've been on one of my launch teams before, you know I like to be hands-on and present to the group, and I look forward to doing that again with this book. I call our launch team a resource because between now and when the book releases, for those who opt in to join us, we'll be offering early chapter excerpts, weekly check-ins, fun giveaways, and behind the scenes content that we just won't share anywhere else.

Want to know how to get the resources and how to walk into the secret room launch team? Well lean in and listen up. It's real easy. First, order *How to Walk Into a Room* today. If you've already ordered, you can skip the first step because you already did it. If you haven't ordered but you meant to and want to get the gifts, you can literally order anywhere books are sold. Fun fact, if you want a personalized copy, I'll talk more about this soon, but I'll tell you now, you can pre-order at the local Indie to me, it's called Bookmarks, and we have the direct link in the show notes, that's just for personalized copies, and I will personalize the books for you. I'm going to go over there a couple of weeks before the book releases and sign some copies. But the only place I'm doing that is at Bookmarks. So if you want one of those, you can pre-order there.

But you can also order anywhere, Barnes & Noble, Amazon, Bookshop.org, your local Indie, Books A Million, Target. I'm just listing stores now. But the point is you can order from anywhere and in any format, hardcover, ebook, audiobook. So that's the first step is, just get that book y'all.

Second, grab your order number. When you order online, you'll always receive an order number on your receipt, whether in your online account or in your email. Find it, copy it, and then do step three. Go to my website, emilypfreeman.com. We'll make it so easy for you to enter your name, email, and order number. Once you do that, you're golden. Because once you do that, we'll send you two emails, one with a link to the workbook and the launch team, and one with a special code that you can redeem in the Quiet Collection app to unlock the blessings. All that, you can do today. It's all waiting for you today, and we can't wait to, those of you who want to join us in the launch team, we can't wait to see you there. When it comes to beginnings and endings, whether they are welcome and anticipated,

planned for and orchestrated, or sudden and surprising, whether they are filled with excitement and joy or with sorrow and loss, it's good to remember, not all hellos are happy, and not all goodbyes are sad.

Want a taste of the collection? Well, if you already have the app or if you download it now, you can listen to a sample of the first blessing there in the Quiet Collection app, so you'll know what to expect. But I'll close this episode with a reading from Ecclesiastes, and that's also included in the Blessings Collection, a reminder that there's a season for everything.

For everything there is a season and a time for every matter under heaven. A time to be born and a time to die. A time to plant and a time to pluck up what is planted. A time to kill and a time to heal. A time to break down and a time to build up. A time to weep and a time to laugh. A time to mourn and a time to dance. A time to throw away stones and a time to gather stones together. A time to embrace and a time to refrain from embracing. A time to seek and a time to lose. A time to keep and a time to throw away. A time to tear and a time to sow. A time to keep silent and a time to speak. A time to love and a time to hate. A time for war and a time for peace. Ecclesiastes three, one through eight.

Thanks for listening to episode 311 of The Next Right Thing. I hope this simple practice of blessing your hellos and goodbyes can be just one more rung on the trellis upon which your rhythm of life can continue to grow. Because while it's true, this is a podcast about making decisions. The bigger truth is our daily decisions are making our lives. I know I've said a lot of words and a lot of instructions in this episode, but mainly I just want to make sure that you hear the giant arrow about the importance of knowing and naming where we've said hello and where we're saying goodbye, because we've all done it. We're all doing it, and you would think we'd be expert by now, and in some ways maybe we are. But in a lot of ways, there are those hellos and goodbyes I think that come to us as a surprise or they take us by surprise, and we haven't taken the time to name them for what they are. Maybe we think they're too small or too insignificant. But if it comes to mind now, it counts. And I hope this collection and this workbook and these resources will help you to know, notice, and name them, and then maybe bless them along the way.

I also hope that your next right thing is to order How to Walk Into a Room today. And if you've already done so, grab that order number on your receipt and to emilypfreeman.com and redeem it, because we're literally waiting to send you free access to this brand new collection and workbook to bless your hellos and goodbyes. You're not required to join the launch team, but if you want to, you'll receive that invitation as well to the secret room launch team, where I'll be thrilled to lock arms with you to get this book into the world in March.

Where are your current hellos? Where are your lingering goodbyes? I hope to help you know and name them today. Here's to all the rooms you've left, the rooms you're in, and the ones that are still waiting for your grand arrival. Here's to you as you begin and end and begin

again. In closing, a line from *How to Walk Into a Room* by me.

Endings come and go, but closure is a luxury. It often takes time if we ever get it at all, and it rarely looks like what we think. Thanks for listening, and I'll see you next time.