

how are you, *Really*

LIVING YOUR TRUTH

ONE ANSWER AT A TIME

JENNA KUTCHER



This book contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to assure the accuracy of the information contained in this book as of the date of publication. This publisher and the author disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

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PART ONE

who
you
are,
Really

A LETTER FROM JENNA:

life has taught me that there are an infinite number of paths for us to take. Some are well traveled, led by tour guides who know the lay of the land, while others are less clear, traversed alone as we bushwhack our way through.

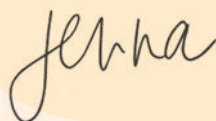
When we look for answers about our lives and seek truth, we often turn to others, but I hope this section of the book helps you to silence the noise and first **look within.**

Before we dive into the tactical stuff or my own stories, we have to first take a hard look at the stories you may have been telling yourself when it comes to who you are. I've learned that if we don't first start with knowing ourselves, we will struggle to **show up authentically** in all aspects of our lives.

We have to learn how to silence our inner playground bully and turn up the volume on our intuition. If you can get quiet enough to let the deepest part of you speak, **you might be surprised by what you hear.**

Your newfound confidence is about to swallow up your disbelief.

Buckle up!

A handwritten signature in black ink that reads "Jenna". The script is fluid and cursive, with the first letter 'J' being particularly large and stylized.

1

the softer question:

H O W T O F E E L Y O U R F E E L I N G S

Want to hear from more goal diggers
whose dreams began by responding to
a need in their own lives? Check out

WWW.JENNAKUTCHER.COM/MORE

HOW ARE YOU, REALLY?

When was the last time you felt 1,000 percent AMAZING? On top of the world? Vibrant, giddy, alive? Where were you and what were you doing? What did it feel like in your body? What might it take to get that feeling back?

life inventory

Answer without apology, without judgment. Your responses and gut reactions aren't things to "keep in check"; we're not worried about coloring in the lines here. Your honesty won't get in the way. Your hunches aren't just random curiosities. What you write down are messages your brain is trying to deliver straight to your heart.

Here's your chance to see yourself. To be yourself. You're not going to get mad at or shame yourself for not knowing how you've been feeling. You're not going to waste more time lingering in the part you cannot change or control.

WHAT INSPIRES YOU?

WHAT MAKES YOU RAGE?

WHAT MAKES YOU SNORT-LAUGH?

WHAT MAKES YOU CRY WITH JOY?

WHAT MAKES YOU FEEL EMPOWERED?

WHAT MAKES YOU NOD IN AGREEMENT?

WHAT MAKES YOU DANCE WITH GLEE?

WHAT DO YOU FEAR MOST?

WHAT DO YOU FIND UNFAIR?

WHAT PROBLEM DO YOU WISH YOU COULD SOLVE?

WHAT DO YOU WANT TO CREATE IN THE WORLD?

Need help with this step? Clarify what you
can control and equip yourself with a plan at

WWW.JENNAKUTCHER.COM/MORE

2

golden handcuffs:

HOW TO DITCH
THE *SUPPOSED* TOS

HOW ARE YOU, REALLY?

Have you built your life on a stack of *supposed tos*? Are there areas of your life where you're staying stuck because it's conventional or convenient? Where are you simply going with the flow? What are some life changes you need to make?

3

halfway to a dream:

G O I N G A F T E R Y O U R G O A L

HOW ARE YOU, REALLY?

What are you dreaming about today? Speak it out loud, even if it's just one of a few that you carry. Write your dream down every chance you get. Then, tell someone else about it. The first person you think of: your neighbor, an Internet friend, your office manager. Pay attention to what begins to happen.

4

the cozy corner:

HOW TO HEAR YOURSELF
(AGAIN)

Want to get clear on what success can
look like specifically for you? Let me
lead you through an exercise my business
coach taught me at

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HOW ARE YOU, REALLY?

Picture your five-year-old, knobby-kneed, maybe freckled self. What do you love? What do you want? What do you need today? What are they whispering to you right now?

5

mothers studying mandarin:

HOW TO HAVE SOME
FUN AGAIN

HOW ARE YOU, REALLY?

What can you do in five minutes just for *you*? What is a thing that once sparked your curiosity and joy that you've pushed aside in the busyness of your life? How can you bring it back?

6

rumble and quake:

HOW TO CHANGE YOUR MIND

Want to dive deeper into the idea of identity foreclosure and how it might be showing up in your life? Head to

WWW.JENNAKUTCHER.COM/MORE

to learn more from Dr. Maya Shankar.

HOW ARE YOU, REALLY?

Get really still. What longings are rising to the surface? Which identities are shifting for you? What long-held beliefs are being rearranged, deconstructed, made new? Can you allow space for them to create a bit of chaos? Can you let them rumble and quake?

7

a battlefield of cuts:

H O W T O L I S T E N T O Y O U R B O D Y

If you or someone you love is grieving a
miscarriage, find support at

WWW.JENNAKUTCHER.COM/MORE

HOW ARE YOU, REALLY?

Look at your body today. What is it showing you?
What is it saying to you? What is one uniquely
beautiful thing you're noticing?
What do you love about what you see?

8

married to mr. six-pack:

H O W T O S P E A K T O Y O U R S E L F

HOW ARE YOU, REALLY?

If the words you said to yourself—and about yourself—were audible for the world to hear, would you be proud of them? How can you challenge yourself to be kinder and gentler with your whole self—including your words? What are five ways you can compliment your body today?

9

vision fulfilled:

HOW TO MAKE (NO, LET) YOUR
DREAMS COME TRUE

HOW ARE YOU, REALLY?

What is the future you see for yourself? Does it scare you? What makes that vision scary? What needs to happen next to make it real? What's one thing you can do to move you closer to your future—today?

Tune in as Erin guides you through the
same exercise that changed my life at

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PART TWO

who
you have
(and who
has you)

A LETTER FROM JENNA:

as we form and shape our belief that we have something to offer, we now have to understand how that purpose plays out in our lives, and how we can go about turning ideas into action. **the best part?** We need not go it alone. Now is the time to process who is in your life, who leads you, where you lead others, and the hand you have in building your own structure of support and change.

With you in your lane and me in mine, tiny actions will add up to real movement, and as we gain momentum with glee, we'll question why we waited so long to simply start.

And we're off,

A handwritten signature in black ink that reads "Jenna". The signature is written in a cursive, flowing style with a large initial 'J'.

10

the cribbage board:

H O W T O S H A R E A D R E A M

HOW ARE YOU, REALLY?

Take a close look at your most significant relationship.

Can you get creative and carve out a scenario that adds value to you both? What is your shared vision? What's a dream that might allow you *and* your partner to come to life? What steps can you take together to make that happen?

11

tacos and truth:

HOW TO CREATE YOUR
AUTHENTIC COMMUNITY

HOW ARE YOU, REALLY?

Are you showing up fully for the people around you?

If not, what's keeping you from a more authentic relationship? What's holding you back from offering your honest self to friends, new and old?

What are you afraid of?

Want to hear the full stories behind some of
the women in the room? Listen at

WWW.JENNAKUTCHER.COM/MORE

12

pride's utter chokehold:

HOW TO ASK FOR HELP

HOW ARE YOU, REALLY?

Can you identify an area of your life where you're dropping balls most often? Without judgment, get really honest with where you're struggling to keep up or what's staying at the bottom of your to-do list. Who may be waiting in the wings to help? Where can you let go? Who can you let in to share your load?

13

livin' the dream:

HOW TO BE WHERE YOU ARE
(LIKE, RIGHT NOW)

HOW ARE YOU, REALLY?

What memories do you still want to make? What future moments can you picture yourself cherishing most? What do you want to experience, and with whom? Where do you want to go? What do you want to try? See? Taste? Do?

Hear my conversations with experts on the
topic of happiness at

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PART THREE

what
you're
going
to do
about it

A LETTER FROM JENNA:

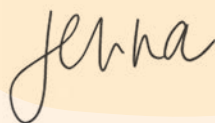
what a journey we've already been on together. Pages upon pages, lots of questions thrown at you, and yet here you are. **thanks for sticking around.** We are about to launch into the part where the hammer-meets-nail, and you get to take a swing toward actually building the life that supports you and the world around you.

Regardless of where you find yourself when this page is opened, I hope the journey through this book has filled you up with things you didn't even know you needed. You get to **embrace this next section with gratitude** covering you from head to toe.

Now it's time to dig deeper into the nitty-gritty practice of implementation. This is where you take what you know, all those tough questions you've been asking yourself, and put some **good ol' action behind the answers.**

Words are powerful and lessons through storytelling make for a great stage play, but this isn't a production. It's your life. Here is your invitation to roll up your sleeves, and **make things happen.** Commit to turning those answers that are springing forth into reality.

Pick up your hammer,

A handwritten signature in black ink, appearing to read 'Jenna', written in a cursive, flowing style.

14

what brooke shields
doesn't know:

WHY YOUR STORY
MATTERS (A LOT)

HOW ARE YOU, REALLY?

What stories do you need to tell? What moments have transformed you? What dreams have you fought for? Celebrated? Learned from? Write one down today. Keep it close to you until you encounter someone who needs to hear it most. (Even if that someone is yourself.) When you find that someone, share that story with all your heart.

15

just one step:

WHERE TO START,
AND HOW

Does your imperfect action include
launching a podcast? Find your step-by-step
beginner's guide to podcasting at

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HOW ARE YOU, REALLY?

Which of your ideas are stuck in your head, going nowhere? What's really holding you back? Where is fear of failure rearing its head? And what's the first imperfect step you can take to make your big, unwieldy idea into a you-sized reality?

16

when a woman
knows her value:

HOW TO MAKE IT
HAPPEN

HOW ARE YOU, REALLY?

What are your greatest strengths? What value do you already possess that can help make your vision real? Are you making excuses as to why your talents wouldn't be welcome or useful? Why? Where can you get creative and resourceful to move forward?

Don't believe me? Find the one-of-a-kind value you can offer this world in forty-five seconds or less. Take the Secret Sauce quiz at

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17

it's complicated:

HOW TO INVEST IN
YOURSELF, AND WHY
IT MATTERS

HOW ARE YOU, REALLY?

What is your life's currency? Where do you have excess? Depletion? What do you want more of, and be honest—time, energy, or money?

18

what's your
enough point?:

HOW TO SAY HECK NO

HOW ARE YOU, REALLY?

In which area of your life do you feel a burnout approaching? What boundaries can you experiment with? Where do you need to say no? What's your enough point?

For help finding your “enough” point,
head over to

WWW.JENNAKUTCHER.COM/MORE

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soul savasana:

H O W T O B E

HOW ARE YOU, REALLY?

How often is your mind silent? How often do you grant yourself the chance to pause the chaos and listen to what's been speaking to you in the quiet?

Can you put a Soul Savasana on the calendar, right now? What might happen if you did? What might be revealed to you? (Hint: Everything.)

appendix 1

CONVERSATION STARTERS

Truth be told, every *How Are You, Really?*² prompt in this book is for you. But, it's also for your people. The same questions that can bring forth answers within us can also offer clarity and depth for everyone else around us.

So, in the spirit of community, I've gathered each prompt for you to share with those in your inner circle—all in one handy spot. Maybe you'll go through them every Thursday afternoon at your favorite Thai place. Maybe you'll rally your ladies for a monthly Zoom chat. Maybe you'll spout off a few questions during your next book club meeting or after barre class. Or maybe you'll post your own answer in your next Instagram caption. (Def tag me @jennakutcher if that's happening! I can't wait to read it!)

However and whatever you decide, use them. These prompts are powerful, and potent, and every single one leads to a new possibility—in your life, and in every life around you.

appendix 2

JENNA'S JUMP STARTS

I will not tell you you need to have a morning routine to be successful, or happy, or to lead a life that feels fulfilling. In fact, for the last few years, I've lived in guilt that I didn't have this precise five-step process on how to wake up and be, you know, *amazing*.

If you're like me and you've wondered why you just can't wake up two hours earlier to journal and sip your lemon water slowly and meditate and get in a yoga flow before you sit down to do your work, then take a deep breath. (And if you're not like me and you absolutely *live* for that quiet A.M. sunrise—go get 'em, early bird!) Maybe there's another side of the population who simply rolls out of bed, grabs their phone for a ten-minute scroll to see what possibly happened while they were sleeping, and rushes out the door with a sloshing mug full of coffee that's already gone cold.

And maybe, even more so, there's a population that craves both the structure of a lifelong habit with the flexibility of a daily choice. Maybe there's a simpler plan for the rest of us—a group of people who might find release in the idea that sticking to (or skipping out on) a routine doesn't need to be a make-or-break moment in your week.

Get yours at

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May we ask with curiosity.
May we answer with kindness.
May we live in love.

WHEN HOW YOU REALLY FEEL IS WIRED: Charge your phone in a different room in the house. Better yet? Make a charging drawer or cupboard so your devices are out of sight, out of mind.

WHEN HOW YOU REALLY FEEL IS SLUGGISH: Get outside, even for just ten minutes. Notice the weather, notice the sounds, notice the smells (hopefully they are pleasant!), and be a part of the outside world.

WHEN HOW YOU REALLY FEEL IS EXHAUSTED: Invest in a good pillow and good curtains. Seriously, if being a mom taught me anything, people sleep better in dark rooms and with a little white noise.

WHEN HOW YOU REALLY FEEL IS INSECURE: Correct your mean girl whenever she starts to get noisy. As hard as it is, direct her thoughts to the thoughts you'd tell someone you love to believe about themselves.

WHEN HOW YOU REALLY FEEL IS LONELY: Reach out to three people and send a message! If you need a starter prompt, begin with: "No need to respond, just thinking of you." Send encouragement, a funny GIF, an old memory, anything.

WHEN HOW YOU REALLY FEEL IS UNINSPIRED: Read more! I'm glad this book is in your hands and that you made it this far! Try to make reading ten pages of any book every day a practice in your life. I promise it will transform you.

WHEN HOW YOU REALLY FEEL IS POWERLESS: Don't run from personal development; run toward it. I swear it's not all toxic positivity. Self-help can be an invitation to learn more about how to be the best version of you.

WHEN HOW YOU REALLY FEEL IS OVERCONNECTED: Log off social media more often, and without apology. I promise no one is refreshing your feed. It feels so good to experience moments without worrying about documenting or sharing them. Delete the apps if you have to.

WHEN HOW YOU REALLY FEEL IS UNFOCUSED: Ground yourself before you walk into a room. Literally, feel your feet on the floor or notice as you walk through a door to pay attention to where you are in the moment.

WHEN HOW YOU REALLY FEEL IS CONFUSED: Define *one* thing that will move you closer to your goal. If you can't do that, write down the end result you want and reverse engineer what it will take for you to get there by making a list of smaller actions you can start with.

WHEN HOW YOU REALLY FEEL IS INTIMIDATED: Take the time to rewrite the story. Yes, really! Sit down and write it out! Chances are you're telling yourself a story on a loop; one that doesn't support your belief in yourself. With a pen in your hand, write out what it would look like for you to achieve and succeed.

WHEN HOW YOU REALLY FEEL IS OVERWHELMED: Do what I call a brain dump. Write down all of the thoughts in your brain, no matter how random, whether it's the item you need from Target or the deadline that's looming. Then release them from your brain! They are safe. They're not going anywhere. You don't have to carry them anymore.

WHEN HOW YOU REALLY FEEL IS DISCONNECTED FROM A SIGNIFICANT OTHER: Start a habit of spending five minutes—*uninterrupted and undistracted*—where you catch up on each other's day. Greet them at the door and put your listening ears on before rushing to the next thing.

WHEN HOW YOU REALLY FEEL IS CYNICAL: Adopt a practice of mindfully thinking of things you are thankful for each and every day before you close your eyes. It doesn't matter if it's a small thing or feels insignificant. Training your brain to be grateful can (and will) shift your entire perspective.

WHEN HOW YOU REALLY FEEL IS STUCK: Start documenting. It's easy to forget how far you've come or what you've achieved. Whether you set more goals on paper or write one line a day about what you did, document your life. I know you think you'll remember all of this, but I promise it becomes a blur and you'll wish you had written down the many moments of positive action that brought you here today.

WHEN HOW YOU REALLY FEEL IS BLAH: Drink more water . . . seriously! Go fill up your cup with water (and no, your cold coffee doesn't count!). Right now! Off you go.

WHEN HOW YOU REALLY FEEL IS LETHARGIC: Stand up and move your body. Stretch your muscles. Shake it out. Breathe into those neglected spaces. Create your own reason to take a mini Soul Savasana no matter where you are.

WHEN HOW YOU REALLY FEEL IS REJECTED: Get out of your bubble and help others in need. Whether you volunteer locally or research a cause globally, poising yourself in a position to help others can shift your perspective and prompt you to a place of gratitude.

WHEN HOW YOU REALLY FEEL IS ISOLATED: Join a community. Whether it's a Facebook group or your local mom's group, being an active participant can inspire action in other areas of your life. Place yourself in rooms where you can make a difference and feel a sense of belonging!

WHEN HOW YOU REALLY FEEL IS READY: Hit play on *The Goal Digger* podcast and listen to my voice! I promise to keep pointing you back to the messages and themes of this book, I promise not to use my phone voice, and I promise to keep sharing the lessons life is teaching me.

notes

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