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The Don't Lose Podcast

With Karen Thrall

Season 1

Episode 5: Don't Lose Your Yes-And

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Description:

Yes-And is the practice of letting confidence and doubt, courage and fear, exist at the same time without letting the negative fear cancel out the strength in you. In this episode, Karen shares how this simple shift has helped her make hard decisions, take more risks, and keep moving even when uncertainty shows up.

Transcript:

00:01 Hi, this is Karen Thrall.

00:03 Welcome to the Don't Lose podcast where I share a story that is meaningful, inspirational life lesson.

00:09 And I'm really fortunate because today I'm filming this at Lake Louise, Alberta.

00:14 And for those of you who watch on YouTube or Instagram, I'll add the photos.

00:20 And it's such a stunning place to be.

00:24 Today's episode is Don't Lose Your Yes-And.

00:27 It's something that I've been practicing for years and as I practiced it over and over again, I just get more and more seasoned and and what I noticed this year is that it's becoming something that I do almost on a regular basis.

00:44 And even this week, this week I was noticing, I was practicing it several times.

00:49 An example of yes, and would be let's say you're super confident about something and then all of a sudden you question it or you have an anxiety about it.

01:00 And what we tend to do is we'll allow the anxiety to overpower the decision we make or will allow the anxiety to overpower our confidence and then it cancels it out.

01:12 And if you're anything like me, when I'm confident about a decision I'm making and I have anxiety that creeps in or fear or doubt, it stops me.

01:22 And so I see myself like at a base of a mountain.

01:25 My goal is to get up the mountain.

01:28 And I'm confident I'm going to get up the mountain, but then I doubt myself.

01:33 And then I'm just running the base of the mountain just aimlessly because a negative and a positive, they cancel each other out.

01:41 Yes-And for me is saying both exist at the same time.

01:46 Yes, they're in conflict.

01:47 Yes, they contradict each other, but they are allowed to exist at the same time.

01:53 I can be really confident about a decision I make and I can feel anxiety.

02:00 I can do both.

02:01 I can feel really good about a direction I'm going to take and I can be really afraid as well.

02:10 Yes-And they're working together.



02:12 This has helped me tons in my life because I find it empowers me and it just gives me fresh perspective.

02:21 It grounds me it keeps me standing.

02:25 So I'll give you an example this week.

02:28 As a business owner, there are times where I have to make really serious decisions.

02:34 And they're heavy decisions because I have to weigh it out.

02:38 And out of the blue, one of the leaders I work with, and we're really close, we've worked together for years, She sends me a text and it says, your career is thriving with all these exclamation marks.

02:51 And I thought, what?

02:53 What made her send me that and I realized when I read it that that was true.

03:01 So here I am.

03:02 My career is thriving and I have to make some really serious business decisions.

03:08 But what was happening is the big decision that I'm supposed to make scared me, worried me, created anxiety in me.

03:16 It made me doubt to the point where I thought is, am I done?

03:23 Is this is this a sign that the chapters closed on my company?

03:28 No, it's that I am thriving in my career and I'm afraid or I'm doubting.

03:34 Both exist at the same time.

03:37 And that's OK.

03:38 The goal is when you feel doubt or anxiety, you don't let it cancel out the confidence and the strength and the groundedness that you have.

03:50 And that's what we tend to do.

03:52 Think of things in your life that you're really positive about, where you're really confident about. It could be your job, it could be a relationship you're in, it could be a dream you have, it could be a vision for your life that you really want to see to happen.

04:11 And then these negatives come in and they creep in.

04:14 Do they shut you down?

04:17 Do they influence you to the point where you start to just freeze and decide maybe you're not going to go ahead with it after all because it got hard.

04:30 That's when the Yes-And comes in because you go Yes, I'm determined to chase after my vision, my goals, and I doubt myself.

04:42 Both can happen at the same time.

04:44 Social media.

04:45 I have been told for years to be more myself, that yeah, yeah, yeah.

04:52 I post things about coaching and business, but who are you and why don't you just be yourself?

04:59 And it's terrified me.

05:01 There have been many, countless times I have created a post that's just normal, just about who I am.

05:08 Nothing.

05:09 And I delete.

05:10 But I second guess myself.

05:13 This year I have been practicing Yes-And.

05:16 Yes, I'm posting more of myself and awkward and and flawed and imperfect and all those things and I'm terrified yes-and.

05:25 And I'm OK with that.

05:28 I'm OK with that.

05:30 The biggest thing that yes and has taught me is it all belongs.

05:36 It all matters.



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05:38 Two things can live at the same time.

05:41 The negative does not and must not cancel out my positive intention, the positive confidence that I have about something I'm going to do or something that I'm going to live out.

05:54 What is changing this year more than ever for me is that I welcome both at the same time.

06:02 I know I'm going to have a negative reaction, negative feeling, negative thought, and it's OK.

06:09 It does not disqualify me.

06:11 It does not negate what my plans are, what my ideas are, what my feelings are, what my direction is, what I want to say, how I want to live.

06:21 It just is part of it and I've befriended it.

06:25 So Yes-And is it all belongs.

06:27 It all exists together and I can have both at the same time.

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