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The Don't Lose Podcast

With Karen Thrall

Season 1

Episode 0: Introduction

August 5, 2026

Transcript:

00:02 Hi, this is Karen Thrall.

00:04 Welcome to the Don't Lose podcast.

00:06 And every week I'm going to share a story.

00:09 And in that story, we're going to discover how it impacts the way you live.

00:15 The way you connect with others, the way you build community, the way you lead.

00:21 And we're going to, through the stories, explore ways that it inspires us and reminds us not to lose our curiosity, not to lose our connection with people, not to lose our purpose, not to lose our courage, not to lose our humanity.

00:40 It's so easy to experience something in your life, a story, that compromises who you are.

00:49 And every story in your life and mine.

00:52 Is there to shape us and where we evolve into who we're becoming.

00:58 All along the way, the one thing that is not supposed to happen is where we lose who we are.

01:07 And the whole purpose of the stories and circumstances and events that take place in our life is not to shrink us.

01:16 It's to help us evolve into more of who we are, not less.

01:21 How many times have you lost yourself?

01:25 How many times have you compromised yourself?

01:29 I started thinking about "Don't lose yourself", this was the phrase that was coming to me, "Don't lose yourself".

01:37 I thought it's time to do a podcast.

01:40 And it's not about what we do for a living or who we are.

01:46 It's really how stories impact us.

01:48 And our journey together is to discover, to discover more of who you are and who you're becoming.

01:57 I do have one request and that's to subscribe.

02:00 I know no surprise.

02:01 Everybody wants you to subscribe.

02:03 It does help actually.



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02:05 And then my three favorite places would be my newsletter, which there'll be a link in the intro and also Instagram and YouTube.

02:13 I will be on all the platforms.

02:15 Instagram will also show you the visuals that go with the story and YouTube will be the video of this podcast.

02:22 So those are my three, but you can subscribe to any of the platforms.

02:27 I appreciate it all.

02:28 Thank you for listening.

02:30 Thank you for journeying this out with me and I look forward to us getting to know each other and connecting.

02:37 You're always free to contact me.

02:39 I welcome it.

02:41 And here we go.

02:42 Don't Lose.

Here are three ways you can follow Karen on social media:



[\[LINK\]](#)

1. Sign up for Karen's newsletter to receive her most recent articles and upcoming events



[\[LINK\]](#)

2. Subscribe to Karen's YouTube channel



[\[LINK\]](#)

3. Follow Karen on Instagram

Thank you!

