

## **The Version of You That Can Carry It**

### **Episode Four**

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#### **Podcast Listener Guide**

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# The Version of You That Can Carry It

**Becoming prepared enough to carry what you have been asking for.**

## Reflection Focus

This final episode of The Cost of the Shortcut turns the conversation toward maturity, capacity, stewardship, preparation, and becoming. The focus is not on proving that we are ready. It is on noticing what the next season may require from us, strengthening what needs attention, and learning to carry more without losing ourselves in the process.

## Private Check-In

Before I move through this guide, what am I asking, planning, or preparing for right now, and what might it require from me if it actually arrives?

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## From the Host

This guide is designed as a private reflection space for Episode 4: The Version of You That Can Carry It. It is not a readiness test and it is not an invitation to criticize yourself. It is a place to consider capacity honestly, notice what may need to grow, and prepare for responsibility with wisdom.

Move slowly. You do not have to answer everything at once. Let the questions help you notice what is already stronger, what still needs support, and what practical preparation may help you carry the next season well.

## This episode is for you if:

You are waiting for an opportunity, relationship, expansion, or next step and want to prepare wisely.

You are learning that receiving something and sustaining it are not the same thing.

You need stronger boundaries, systems, support, or habits for the season you are building toward.

You are carrying more responsibility and want to do it without losing your identity or exhausting yourself.

You are ready to think about stewardship, not only arrival.

## How To Use This Guide

Move through one or two chapters at a time. Use the blank lines for honest notes, prayers, observations, boundaries, decisions, and next steps. The goal is not perfection. The goal is honest preparation.

## Episode Overview

Denise and Tonya close The Cost of the Shortcut by exploring the difference between access and capacity, the gaps that more responsibility can expose, discernment, sustainable systems, maturity after arrival, habits for the next season, identity, rest, and five reflection questions for carrying what you have been asking for. The episode ends with a practical weekly action and a faith-aware reflection on what waiting may be producing.

**Series signature: The Cost of the Shortcut. Receiving it is not the only goal. We also want to become prepared enough to carry it with wisdom, responsibility, and care.**

## **Chapter 1: The Version of You That Can Carry It | 0:00**

### **Listen For**

The episode opens with the question beneath the entire finale: what if part of the waiting is about becoming prepared enough to carry what you have been asking for? Listen for the distinction between receiving something and sustaining it.

### **Personal Reflection**

What have I been focused on receiving without thinking as deeply about what it will require to sustain?

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What responsibility may come with the thing I say I want?

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### **Private Line**

The opening question I need to sit with is...

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## **Chapter 2: Waiting Can Also Be Preparation | 3:46**

### **Listen For**

Waiting is not automatically proof that you are unprepared. Even when a delay is caused by timing, circumstances, resources, or other people, the waiting season can still become a place of preparation.

### **Personal Reflection**

What may be developing in me while I wait, even if the delay is not about my readiness?

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Where can I use this season instead of only measuring what has not happened yet?

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### **Private Line**

One way I can use the waiting well is...

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## **Chapter 3: Access Does Not Automatically Equal Capacity | 4:30**

### **Listen For**

Access and capacity are not the same thing. An open door can reveal what still needs to be developed: emotional maturity, boundaries, systems, leadership skills, discipline, or support.

### **Personal Reflection**

Where might I currently have access that requires more capacity from me?

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What would help me remain healthy on the other side of the opportunity?

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### **Private Line**

The capacity area I need to strengthen is...

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## **Chapter 4: More Can Amplify Our Gaps | 6:12**

### **Listen For**

More does not only amplify our gifts. More can amplify our gaps. Greater visibility, income, responsibility, leadership, or relationship commitment can place additional pressure on patterns that were easier to manage when the stakes were smaller.

### **Personal Reflection**

What pattern could become more costly if my responsibility increases?

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What do I want to address now instead of waiting for more pressure to expose it?

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### **Private Line**

The gap I want to address with honesty is...

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## **Chapter 5: Capacity Requires Discernment | 12:02**

### **Listen For**

Capacity is not simply how much you can carry. Sometimes increased capacity means becoming wiser about what belongs in your hands and recognizing that ability does not automatically create responsibility.

### **Personal Reflection**

What am I carrying simply because I am capable of carrying it?

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Where might discernment require me to say no, delegate, or step back?

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### **Private Line**

One responsibility I need to examine is...

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## **Chapter 6: Build Systems, Don't Become the System | 14:23**

### **Listen For**

Healthy growth requires support. Listen for the challenge to delegate, ask for help, teach instead of control, build systems, and create structures that can function without one person holding everything together.

### **Personal Reflection**

Where have I become the system instead of building one?

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What could be documented, delegated, automated, shared, or supported?

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### **Private Line**

One system I need to strengthen is...

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## **Chapter 7: Maturity Changes How You Carry It | 16:13**

### **Listen For**

Maturity changes the way we hold what we asked for. It allows us to stay teachable, make adjustments, protect what is still developing, and accept both the visible opportunity and the invisible stewardship.

### **Personal Reflection**

Where do I need to become more teachable or willing to adjust after arrival?

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What part of maintenance have I not considered because I have been focused on the moment?

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### **Private Line**

The stewardship responsibility I need to remember is...

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## **Chapter 8: Different Habits for the Next Season | 20:54**

### **Listen For**

The habits that helped us survive one season may not be the habits that help us sustain the next. Growth may require different routines, stronger boundaries, delegation, long-term thinking, and a willingness to examine patterns that once felt necessary.

### **Personal Reflection**

What habit helped me in a previous season but may be limiting me now?

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What new habit would better support the season I am building toward?

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### **Private Line**

The habit shift I want to practice is...

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## **Chapter 9: Can You Carry It Without Losing Your Identity? | 24:52**

### **Listen For**

It is possible to receive what we asked for and slowly begin depending on it to tell us who we are. Listen for the difference between stewarding an opportunity and allowing the title, platform, relationship, success, or applause to become our source.

### **Personal Reflection**

What part of my identity feels most vulnerable to public response, success, recognition, or access?

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If this opportunity changed or ended, what would still be true about who I am?

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### **Private Line**

The identity truth I want to protect is...

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## **Chapter 10: Rest, Boundaries, and Sustainable Capacity | 30:43**

### **Listen For**

Sustainable capacity is about more than how much we can carry. It requires rest, support, healthy boundaries, relationships where we do not have to perform, and time when we are not producing.

### **Personal Reflection**

What does my current pace reveal about the way I am carrying responsibility?

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Where do I need more rest, margin, support, or a clearer boundary?

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### **Private Line**

One change that would make my pace more sustainable is...

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## **Chapter 11: Five Questions for the Version of You That Can Carry It | 33:51**

### **Listen For**

These are reflection questions, not pass-or-fail questions: What will this require from me consistently? What habit could become costly at the next level? What support will I need? Can I remain myself if this changes? Am I preparing only to receive it, or also to steward it?

### **Personal Reflection**

Which of the five questions immediately gets my attention, and why?

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What answer do I need to be honest about before I move forward?

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### **Private Line**

The question I need to keep in front of me is...

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## **Chapter 12: What the Shortcut Can Cost | 37:06**

### **Listen For**

The shortcut can cost us development. We may arrive with visibility but no boundaries, responsibility without systems, or access without discernment. The issue is not simply whether something happens quickly. The question is what we sacrifice to get there.

### **Personal Reflection**

What development would I risk skipping if I rushed this season?

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What value, relationship, boundary, health need, or piece of wisdom am I unwilling to sacrifice for speed?

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### **Private Line**

The cost I do not want to pay is...

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## **Chapter 13: Prepare for the Weight, Not Only the Arrival | 39:15**

### **Listen For**

The weekly action turns preparation into something practical. Choose one thing you have been asking, planning, or preparing for and identify what it will require, what needs strengthening, and what support will help you carry it well.

### **Personal Reflection**

What is the one thing I am preparing to carry?

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What does this opportunity require beyond the excitement of receiving it?

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### **Private Line**

The action I will take this week is...

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## **Chapter 14: What the Waiting May Be Producing | 40:38**

### **Listen For**

Waiting can strengthen patience, clarity, discernment, identity, and the ability to carry responsibility without carrying everything alone. For those who believe, preparation can also be part of what God is developing beneath the surface.

### **Personal Reflection**

What growth have I overlooked because I was focused on what had not happened yet?

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Where have I become clearer, steadier, wiser, or less easily rushed?

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### **Private Line**

What I can now recognize in the waiting is...

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## **Chapter 15: Becoming Prepared, Not Perfect | 44:25**

### **Listen For**

Being prepared does not require perfection or fearlessness. It does not mean having every answer or never making a mistake. It means having enough foundation to respond responsibly when challenges come.

### **Personal Reflection**

Where have I confused readiness with perfection?

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What would responsible preparation look like if I stopped requiring myself to have every answer?

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### **Private Line**

The pressure I can release is...

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## **Chapter 16: Final Thoughts and Ways to Connect | 46:35**

### **Listen For**

The series closes by returning to its central lessons: delay is not permission to settle, every open door is not your door, what you are waiting for should not become the source of your identity, and receiving it is not the end of the story.

### **Personal Reflection**

Which lesson from The Cost of the Shortcut series do I need to carry forward?

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What will I do differently because of what this series helped me notice?

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### **Private Line**

The final truth I am carrying with me is...

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# Weekly Action

## Prepare for the Weight, Not Only the Arrival

Choose one thing you have been asking, planning, or preparing for. Then complete these three statements honestly.

### ONE

**“If this arrives, it will require me to...”**

Be specific about the ongoing responsibility.

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### TWO

**“Before it arrives, I need to strengthen...”**

Identify one habit, skill, boundary, system, or area of emotional maturity.

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### THREE

**“To carry it well, I will need support from...”**

Name the person, type of support, resource, or structure you may need.

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## Choose One Action

After you complete the statements, choose one action you can take this week. Not ten. One.

That action could be creating a simple process, having a needed conversation, asking for help, reviewing your schedule, setting a boundary, learning a skill, making room for rest, or addressing a habit you already know will become more costly if it remains unchanged.

**My one action this week is:**

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# Practice Tracker

Use this tracker as a private check-in, not a grading system. The goal is preparation, wisdom, and sustainable growth.

| Day   | Reflective Practice                                                                                | Done / Notes |
|-------|----------------------------------------------------------------------------------------------------|--------------|
| Day 1 | Name one thing you are asking, planning, or preparing for.                                         | _____        |
| Day 2 | Write what it will require from you consistently.                                                  | _____        |
| Day 3 | Identify one current habit that could become costly with more responsibility.                      | _____        |
| Day 4 | Name one boundary, system, or support structure you need.                                          | _____        |
| Day 5 | Ask whether you are carrying something because it is yours or because being needed feels valuable. | _____        |
| Day 6 | Choose one area where rest or margin would protect your capacity.                                  | _____        |
| Day 7 | Complete the weekly action and take one practical step.                                            | _____        |

## Notes and Reflections

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## Next Steps and Commitments

One area of capacity I want to strengthen:

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One support structure I need to build:

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One truth from this episode I want to carry forward:

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## About the Host

Denise Williams is an award-winning creator, executive producer, and the founder of She Thinks She's Cute™. Through storytelling and leadership-forward conversations, she explores perception, identity, and the unspoken dynamics that shape how people see themselves and one another. Denise is also a certified coach and speaker with the Maxwell Leadership Team, where she focuses on personal growth, leadership development, and intentional decision-making.

### Closing

Thank you for listening and taking time to reflect. Becoming is not evidence that who you are today is inadequate. You can honor how far you have come while still preparing for what is ahead. The goal is not perfection. The goal is to become prepared enough to handle what you have been asking for with wisdom, responsibility, and care.

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### Ownership Notes

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