

Show Up and Dance

Rules for a Remarkable Life

In this episode, Becky Renfro Borbolla shared a list she has kept in her desk for over a decade — wisdom she heard from Cynt Marshall, CEO of the Dallas Mavericks, that she pulls out every week. She said it helps her on hard days, and she wanted to share it with our whole herd.

Rebecca loved it so much she asked if she could give it to every Moment-Maker. Becky said yes. So here it is — print it out, tape it to your bathroom mirror, keep a copy in your purse. ***Read it when life is lifing.***

THE RULES

1 Always remember where you came from.

Look back. Give back. Go back. Your roots are not a limitation — they are your foundation.

2 Do the right thing.

Not the easy thing. Not the popular thing. The right thing. Every time.

3 Always tell the truth.

Even when it's uncomfortable. Especially then.

4 Keep a positive perspective.

You cannot always choose what happens. You can always choose how you see it.

5 Be nice. Be kind. Always.

You never know how that person will come back into your life — or what they're carrying right now.

6 Play team.

Be there for each other. A woman who lifts others is never diminished by it.

7 Make a difference.

Every day. In small ways and big ones. You have more power than you realize.

8 Show up and dance.

"Don't sit quietly at the table. Have a speaking part." — This is your permission slip.

YOUR GOLDEN MOMENT THIS WEEK

Which rule do you most need to hear right now? What would change if you actually lived it this week?

“Behind a successful woman, there’s a great group of girlfriends.”

— Becky Renfro Borbolla

Senior Vice President, Renfro Foods • Founder, Women Steering Business



Name Your Horse

Becky’s horse is named Genevieve — a gray horse, because she always bets on the gray horse. Genevieve means “woman of family” or “tribe woman.” Becky says she runs the family. So does Genevieve.

What’s your horse’s name?

My horse’s name is: _____

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