You've rehearsed it in the shower.
Whispered it to the ceiling at 2am.
Typed it to a chatbot.
Just never said it to them. Not yet.

We all have a conversation we keep putting off.
And everything we practice on lets us win.
The ceiling never argues.
The chatbot always agrees.

So let's practice saying it out loud
to something that pushes back.
That interrupts. That says no.
The way they will.

Say it wrong. Say it again. Say it right.
Heart pounding? Good.
That's what getting ready feels like.

The raise you texted around.
The bill split evenly when you only had a side salad.
The sorry you sent as an emoji.
The plans you prayed they'd cancel first.
All of it is one conversation away.

Ready isn't fearless.
Ready is practiced.
So practice.

Walk in ready.

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