

# SOMEDAY STARTS NOW

Lokahi Backstage - Episode 4 (Alicia Goforth) Companion

## Step Into the Arena

Episode 4 invites us to lead with heart — even when we don't feel ready.

Alicia Goforth's story is about the quiet kind of courage — the kind that listens first, learns as it goes, and says yes before all the details make sense. From corporate law to motherhood to city leadership, her path wasn't linear, but it was intentional.

She didn't wait for the perfect timing or the perfect plan.

She stepped into the arena because she cared — about people, about community, and about making things better.

That's what real leadership looks like.

It's not about titles or certainty.

It's about showing up, getting a little dusty, and choosing to keep going even when it's uncomfortable.

This week's theme is **Stepping Into the Arena**.

Because courage doesn't begin when you have all the answers — it begins the moment you decide to enter the ring.

## Think About This:

1. Where in your life are you standing on the sidelines, waiting to feel “ready”?
2. What arena is calling you — a conversation, a role, a risk — that feels both exciting and intimidating?
3. What might shift if you stopped aiming for perfect and simply stepped in, willing to learn as you go?

## Try This:

- ✂ Identify one small “arena” you can step into this week — a meeting, a cause, a conversation that matters. Show up and participate.
- ✂ Ask a trusted friend or mentor where they've seen you hold back. Listen without defense.
- ✂ Write a note to yourself that begins, “This is what I'm afraid of...” — and right under it, write, “And this is what I'm capable of.” Keep it where you'll see it this week.

## From Me to You:

When Alicia shared her story, I couldn't stop thinking about how many times I've waited until everything felt just right — the timing, the plan, the confidence — before taking the next step. I still do!  
But life rarely waits for perfect.

Sometimes the invitation is already there, waiting for us to say yes.  
And that yes — even if whispered, even if uncertain — changes everything.

So if you're standing outside your own arena today, this is your reminder: you don't have to be ready to begin.  
Just willing.

I'll be cheering you on from the sidelines — until you step in. 🌸  
Someday starts now.