




Stop Waiting Start Moving

There comes a point where waiting is no longer about timing—it's about choice. You've done the reflecting. You feel the pull. You know what's next. But movement requires something deeper than clarity—it requires a yes. This month, we're stepping into action. Not all at once, not perfectly, but intentionally. Because the life you're building doesn't begin when you feel ready—it begins the moment you decide to move.



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The Fear of Saying

YES

by *Christin Alynn Pitcock*

Fear doesn't just come from failure—it comes from the unknown.

Saying yes means something will change. It may bring success, which creates more responsibility, visibility, and pressure. It may bring failure, which forces reflection and growth. Either way, it shifts you.

And that's what we resist.

On the surface, it looks like fear of change. But deeper than that, it's fear of what change will reveal—about who we are, where we are, and who we might become. It's easier to stay where we are, even if we're unhappy, because we know how to exist there. Eventually you must get to a place where you are more afraid of staying the same than changing. Growth requires stepping into something new, even when you don't fully know the outcome. Over time, people who don't take the leap often feel stuck. They begin to question their path, compare themselves to others, and carry frustration that comes from not moving forward.

Every yes expands you. It teaches you something about yourself and the world. It builds confidence, reduces fear over time, and opens doors you didn't know existed.

My life has been a series of saying yes.

Before I knew what would happen, before I felt ready—I said yes. And because of that, I've had opportunities I couldn't have predicted. I've been on TV, on the radio, and shared stages with incredible women. I'm finding my people, my place, and I feel aligned with who I am.

It's not without stress. It can be overwhelming. There is a balance to saying yes and not doing everything at once.

But I've learned this—until you take the leap, you don't know what's possible for you. Staying in your comfort zone may protect you from failure, but it also shields you from success.

Saying yes isn't about agreeing to everything. It's about allowing yourself to be changed. It's taking a chance on yourself, even when the outcome is unclear. It's trusting that you can handle what comes next.

So, if something pulls at you—even if it scares you—pay attention.

You don't have to leap. You can take one step. You can say yes in a way that feels aligned and adjust as you go. Because the real risk isn't failure. The real risk is staying still—living in a constant state of “what if.” And the life you want doesn't exist there.

Women of "Her"Story

Vera Rubin

by Kathleen Finch



"I live and work with three basic assumptions:

1) There is no problem in science that can be solved by a man that cannot be solved by a woman.

2) Worldwide, half of all brains are in women.

3) We all need permission to do science, but, for reasons that are deeply ingrained in history, this permission is more often given to men than to women."

Vera Rubin in "Opening the Doors," 1990 talk published in Bright Galaxies, Dark Matter, p. 174

Vera Rubin revolutionized our concept of the universe, bravely forging forward in the field of astronomy at a time when women in the field were scarce. As a groundbreaking scientist, she ushered in fundamental changes in science and lived by a set of principles that made her an exceptional human being. For this month's LadyLike focus on Creativity, Vera fits the theme to a tee, as she was a vanguard in her field and created a way of life that other women were and continue to be inspired by.

Vera Rubin (Born July 23, 1928 – Died December 25, 2016) was an American astronomer who pioneered work on galaxy rotation rates. She uncovered the discrepancy between the predicted and observed angular motion of galaxies by studying galactic rotation curves, the first evidence for the galaxy rotation problem, one key piece of evidence for dark matter. Dark matter may seem a bit ominous, but it is quite the contrary. It is, in essence, the invisible glue that keeps visible matter in the universe from flying apart.

Honored during her lifetime for her work, she received the Bruce Medal, the Gold Medal of the Royal Astronomical Society, and the National Medal of Science, among others. The Vera C. Rubin Observatory in Chile is named in her honor. Her legacy is described by The New York Times as "ushering in a Copernican-scale change" in cosmological theory. Prominent theoretical physicist Lisa Randall and others have argued that Rubin was neglected for the Nobel Prize.

Rubin spent her life advocating for women in science and mentored aspiring female astronomers.



Spotlight on

Kitty Steadman

By Cheryl Spainhour
Photo Credit: Alisa Thayne

Kitty Steadman's approach to songwriting reflects creative balance. With a life shaped by movement, touring, and constant change, her creativity isn't confined to a single place—it's drawn from wherever she is. From early morning writing rituals to immersive experiences that shape entire projects, her work is a reminder that creativity is both intentional and responsive.

It's best if I can start writing in the morning—before, and as I have my coffee, if possible. If I become too awake, my mind starts racing with everything I have to do that has nothing to do with creativity. Because my life is so wild and unpredictable, I've had to become much more intentional about scheduling writing and co-writing time. Creation doesn't always wait for the perfect moment—you have to make space for it before the rest of life takes over.

Last year, I spent extended time in Key West during a residency, and I decided to fully let myself be inspired by where I was. I found myself writing about everything—the water, the tourists, the plant life, even the house I was staying in. That experience shaped an entire project. Instead of forcing creativity, I let the environment guide it, capturing moments as they happened and turning them into something lasting.

[LINK TO FULL ARTICLE](#)

Creative Inspiration

Creativity often begins in a quiet moment – the instant an idea appears before doubt, comparison, or expectation have time to shape it. Learning to trust that moment is one of the ways artists begin creating from a place that feels more honest and aligned.

Create something that begins with your first instinct – before doubt or expectation has time to influence it. It could be a lyric, a melody, a photograph, a poem, a painting, a short reflection, or any form of expression that feels true to you.

We invite you to share what you create with the LadyLike community.

- Join us for the Rise & Create Zoom on the fourth Thursday of the month to share your work and connect with other artists.
- Post your creation inside the LadyLike community space.
- Share it on social media using #RiseAndCreate so we can celebrate your work together.

We can't wait to see what emerges when you follow your instinct.

May Prompt:

Opportunity



[click to register](#)

Ways to Connect in May

LadyLike exists to create spaces where women can reflect, create, connect, and celebrate together. Whether you join us in person, online, or through the music we share, there are many ways to stay connected with the community this month.

LadyLike Open Mic Nights

May 7 | The Rooster - Gaston, NC

May 13 | The Zoo - St. Petersburg

NC Showcase

May 12 | The Rooster - Gaston, NC



Listen to conversations with women artists, creators, and leaders as we explore confidence, creativity, identity, and the realities of building a life in the arts. Follow and listen on Spotify. [Go Now](#)

Rise Zoom Series

Our Rise Zoom Series is a space for real connection, creative growth, and aligned action. Each session is designed to support you where you are—whether you're reflecting, creating, or stepping forward—so you can stay in motion alongside a community of women doing the same work.

May 3 - 6-8p



Focused on restoration through conversation and shared reflection, we create space to pause, reset, and reconnect with ourselves and one another.

May 28 - 6-8p



Our monthly creative gathering where artists share work inspired by the monthly prompt and support one another's creative process.

Our new online community space where members can connect, share work, and continue conversations between events.

[REGISTER](#)

Join the LadyLike Community Lounge

On Spotify Now



Join a LadyLike Chapter

LadyLike chapters are beginning to form in Tampa Bay & Charlotte, communities where women want to gather, create, and support one another locally. If you'd like to start your own local chapter, email us at info@joinladylike.com

LADYLIKE



www.joinladylike.com

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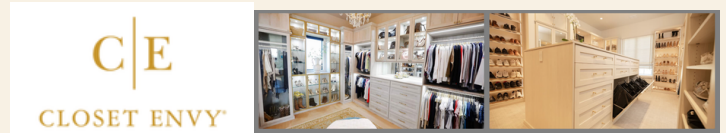
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Manifested, LLC is the parent company behind LadyLike and provides ongoing financial and operational support as the brand grows across markets. As a development-focused organization committed to creative leadership and aligned infrastructure, Manifested ensures LadyLike has the strategic backbone necessary for long-term sustainability.

Founding Community Sponsor

Closet Envy Tampa Bay is a high-end custom closet and home organization company serving the greater Tampa area. More than a brand partnership, this support represents a personal investment in the growth of women in music. The Tampa location owner – a fellow musician and advocate for the arts – provided the initial \$1,000 contribution that helped launch LadyLike's Florida programming. That early belief created real momentum. We are grateful for leadership that invests in culture and community.

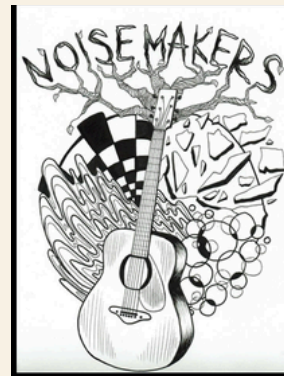
Visit: <https://www.theclosetenvy.com>



Community Venue Partners

Crooked Thumb Brewing has become a home for LadyLike Community Showcases in Florida. More than a venue, Crooked Thumb has actively invested in women's artistry by providing space and contributing financially to support guaranteed artist pay. Owner Kip Kelly – a fellow singer-songwriter and long-standing influence in the Safety Harbor creative community. Partnerships like this are how community infrastructure is built.

Visit: <https://crookedthumbbrew.com>



Noisemakers is a unique hybrid space in the heart of St. Petersburg, serving as both a live music venue and a music school dedicated to developing artists at every level. Known for its intimate setting and creative energy, it offers a space where performances feel personal, immersive, and deeply connected.

Visit: <https://www.noise-makers.org/index.php>

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