

## Growth

Discipline beats motivation 100% of the time. This phrase has come to be so incredibly meaningful and encompasses my whole journey of personal growth. Over the past 3 and a half years I've been in the pursuit of being the best version of myself I could be. At first this was physically, and while that is still important to me it has developed into more of an exploration of who I am. I've faltered countless times along the way and I'm sometimes more on top of it than others, but I've never quit. This is due to not motivation, but discipline. Too often there is a thirst for motivation when there are things that need to be done; while motivation is an incredible thing, relying on an emotion that can come and go to do a steady stream of tasks is a recipe for failure. This lesson is such a blessing to come across so early in life, and that paired with knowing that the goal is not to end, or finish, but to endure and grow was instrumental in tapering my anxieties, and negative emotions that hindered me so much. They're not gone, they never will be, but having that massively negative and over critical voice quiet down in place of a more reasonable will enable me to pursue my goal which is currently to go into a profession that helps others, and ironically enough work harder.

I say ironically because on some deeper level, I thought that worrying about anything or being self critical somehow made me at least feel like I was doing something. The reality is, that even though I was so convinced that feeling more about something added something to that "conversation", the thing itself was completely disconnected from my thoughts in the first place; I was attaching all of these feelings to it. This was a struggle to grasp and still can be sometimes, do to the thought of "But I'm feeling it so intensely, so it must be true!" but most of the time never is. Knowing this has made me love that sentiment of discipline always beating motivation.