

for example run a 5k, you either train and get there or it doesn't happen. That initially scared me, because it put that responsibility on me, and with the mental scars from childhood I believed I couldn't handle it. I thought that all the way through me reaching my goal of being at a healthy weight, and it was validation to the stronger parts of me and was proof the weaker parts of me weren't based in truth. The moral in this is that if you're one of the people that still struggles to experience negative emotion in a healthy way it can handicap you in very crucial parts of life. This is where the value in discipline is for me, while scary due to the potential guilt of failing- the affirmation of my own ability can supersede that.

This ties into my main point of this whole thing, my goal has shifted a few times and has now landed on me conquering my inner demons and letting the real me grow. In that past it always had something I needed to change about myself- the problem always lied in me. This led to me subconsciously thinking I was broken, or a mistake in some way. In actuality I should be trying to stifle that negative and overbearing voice and let the unique me prosper, which was such a fear. This doesn't mean to not develop at all, it's in fact the main goal, it means that kindness to yourself, and compassion and understanding to yourself is the true strength; not being overly self critical and destructive- that is in fact a very easy thing to do. You have to learn how to identify those roots of self destruction when they appear, and find how deep they go to fully come into a healthy relationship with yourself and your emotions.

I'm so thankful I started this whole journey to begin with, it has taken probably twice as long as I thought to get to here, but being where I am- the speed doesn't matter to me. There is no deadline to hit, the only thing to do is to let your innermost self be fully actualized and be truly proud of it. This does in the end accomplish the romanticized goals i've been chasing, but