

I read that there is research showing that who you are in your 20's is who you will be for the rest of your life, unless you make an effort to change it. I don't know about you, but my 20's were a tough age trying to figure out "how to adult" and get my life together. It was scary and confusing, and certainly not a mindset that I want to be in for the rest of my life.

I want to wake up every day and be excited for what is to come, ready to grow and become more of who I am supposed to be. We can't achieve this by simply going through the motions each day, living on auto-pilot.

Creating good habits can take a really long time to stick, and we have to work hard and be consistent with them. The irony is that bad habits seem to stick in no time at all. Have you noticed how quickly you can get into a bad routine of binge-watching TV every night, but using that same time block to exercise feels almost impossible?



"BAD HABITS ARE LIKE CHAINS THAT ARE TOO LIGHT TO FEEL UNTIL THEY ARE TOO HEAVY TO CARRY."

-WARREN BUFFET

When we start to look at the woman we want to become, we need to analyze who she is, and how she differs from us now. We need to be able to contrast between the old things that no longer serve us and the new things that we are striving towards.

The new you has a voice in her life. She speaks up; she says no; she says "You need to lower your voice and speak to me with respect." Perhaps the old you backs away, hides and tries to be unobtrusive.

The new you doesn't play for an imaginary audience. She isn't a people pleaser who feels trampled on and misused. She plays to an audience of one- her best self, using the many talents bestowed on her by God.

This is freedom-- freedom to be your true self and not somebody else's version of you. You are fearfully and wonderfully made, and you are called to live your life excellently. We all fall down, and so often we feel paralyzed by the notion of perfection. "If I can't do it perfectly, then why do it at all?"

God has given you all the talents and gifts that you need, but it is up to you to leverage them. There is no virtue or freedom in living a life that isn't authentically yours.

There are people on this earth who need you, love you, and care about you. Our vibrancy isn't dependent on a single act, but consistently reaching for our very best selves.

Martin Luther King said, "Take the first step in faith. You don't have to see the whole staircase, just take the first step."

Allow yourself to be in the place of process; we are all part of the refiner's fire and are being crafted into gold. Your actions are going to prove your worth, along with your words and your thoughts. Make sure they are congruent with the you that you are becoming.