

now that it's not so 'all or nothing' I feel I have those goals for the right reasons. I really needed those things to be true at the time, I NEEDED to be skinny for example, but once that thirst for it was gone, I seemed to get it. Having such an unquenchable thirst for something usually means it's the last thing you really need. This more healthy mindset will be instrumental in me studying to become a nurse and in me pursuing harder and better things!

One last thing I've learned that has changed the way I look at difficulty is that life is hard, and always will be. The sooner I realize and internalize that, the happier and better prepared I will be. It will never be easy and that's not the point, in fact it's good that it's hard! Humans grow most through friction in life, but with my deep rooted fear of difficulty and believing that I can't handle something, and that I'm being boxed in, I made a hard thing even harder at a time when I couldn't handle 'hard' to begin with! I kept reacting like I was surprised there was difficulty, but if you expect and prepare for it, you'll be ten times more prepared. As was mentioned earlier, none of this learning could have happened without a consistent effort to grow. Motivation came and went, but the consistency is what led me to be where I am.