

The Closing Thought

Who will write the rest of your life? Will it be your past? Your fear? Your circumstances? The people who hurt you? The people who doubted you? Or will you write it yourself?

That's what these conversations have always been about - not becoming someone else but becoming the author of your own life. There will be days when the road is clear, there will be days when you lose your way, there will be days when life asks more of you than you have to give. When those days come, remember this:

- ♥ You already know how to begin again.
- ♥ You already know how to gather evidence instead of believing old stories.
- ♥ You already know how to stay on your own side and vote for yourself.
- ♥ You already know how to trust yourself with difficult decisions.
- ♥ You already know how to build a life that builds you right back.
- ♥ You already know how to recognise your own courage.

Nothing ahead of you requires a version of you that doesn't already exist.

The person capable of living your future has already arrived - you!

So don't spend the rest of your life wondering whether you've healed enough. Spend it creating a life so rich in truth, purpose, peace and possibility that your past eventually becomes one of the least interesting things about you.

One final thought: When someone asks you the secret to your life, I hope you smile - not because life was easy - but because you finally understood something that changed everything: **healing was never the destination, it was the beginning.**

Now go and build a life that proves it.