

The Closing Thought

One day, someone will ask you how you rebuilt your life.

- ♥ Tell them about the people who helped.
- ♥ Tell them about the books that inspired you.
- ♥ Tell them about the conversations that changed you.
- ♥ Tell them about the kindness you were shown.

Tell them all of it. But don't stop there. Remember to tell them about:

- ♥ The person who had to make every difficult decision.
- ♥ The person who got out of bed when they wanted to disappear.
- ♥ The person who had uncomfortable conversations.
- ♥ The person who kept showing up after setbacks.
- ♥ The person who began again.
- ♥ The person who broke the pattern.
- ♥ The person who refused to let the past become the future.

Tell them about that person too **because that's the person who rebuilt your life.**

Look in the mirror and realise you've become someone reliable, someone courageous, someone who can be trusted with a future that once felt impossible and perhaps that's the greatest victory of all. Not that your life became easier, but that you **became the kind of person who could build a beautiful life from difficult beginnings.**

Sometimes we're so busy surviving that we overlook the quiet power that's fuelling us. Never underestimate the quiet power of the person who simply refuses to give up - they don't realise how resilient and determined they really are.

History changes because of people like that, the world changes because of people like that, lives change because of people like that - yours already has, and the person who did that was you.