

Conversation 13: Creating a Life That Supports You

How To Build a Life That Builds You Right Back

A seed can spend its whole life believing there's something wrong with it, when the real problem was the soil, it's planted in.

For years, you've probably believed **The Problem Was You**. You weren't resilient enough. Disciplined enough. Positive enough. Productive enough. Motivated enough. Strong enough. Just simply not enough.

You kept trying to improve yourself.

- ♥ Work harder.
- ♥ Sleep better.
- ♥ Think differently.
- ♥ Eat more protein.
- ♥ Meditate more.
- ♥ Push through.
- ♥ Keep going.
- ♥ Become stronger.

But what if you were never the problem? What if you've simply become incredibly good at surviving a life that asks for far more than it gives back? There's a profound difference in these beliefs. One says, *I need fixing*, the other says, *my life needs redesigning*.

Imagine owning a beautiful plant. Every day you forget to water it. You leave it in darkness. You never feed it. Then one day, you stand over it wondering why it isn't flourishing.

It would be crazy to blame the plant. You'd change the conditions, give it light, give it water. So why do we blame ourselves when we struggle in lives that repeatedly exhaust us? Why do we assume we're the problem instead of looking at our circumstances – both past and present?

Somewhere along the way, many of us accepted a deal that felt safe: **we built lives that worked for everybody except us.** Our lives ticked over from the outside and quietly emptied us from the inside where there was always enough time to answer someone else's email but never enough time to hear our own thoughts, always enough energy to meet another expectation but never enough left to enjoy the life we were working so hard to maintain.

We became caretakers of lives that forgot to take care of us. And because we adapted, we assumed it was normal. It isn't. Read that again. ***Because we adapted, we assumed it was normal. It isn't.***

It isn't normal to need the weekend to recover from the week. It isn't normal to need a holiday to recover from your everyday life. It isn't normal to spend your life counting down until you can escape it for a few days.

- ♥ We normalise endurance and call it adulthood.
- ♥ We normalise exhaustion and call it success.

♥ We normalise self-neglect and call it responsibility.

What if we've been celebrating the wrong things? What if the real measure of a successful life isn't how much you can carry but how much you can put down? That question changes everything. Because now your diary reveals your values, your mornings reveal your priorities, your evenings reveal your self-compassion, your relationships reveal your self-respect, your home reveals whether you've built somewhere to exhale or simply somewhere to sleep before doing it all again tomorrow.

Your life is speaking to you all the time. The question is...can you hear what it's saying? Is it saying: welcome home, or brace yourself? There's room for you here, or keep searching for your own space? Is it saying, time to rest or, you need to earn it?

A life that supports you doesn't remove challenges. It removes unnecessary struggle. It doesn't ask you to prove your worth every day. It assumes you already have it. It gives you somewhere to recover, somewhere to laugh, somewhere to think, somewhere to be ordinary, somewhere you don't need to audition for your existence. *That* is intelligent design.

Here's the truth: you've worked diligently through The Healing Library, becoming someone new. Don't hand that person back to a life that slowly dismantles them. Build a life worthy of who you've become. Not because you've earned it, but because you deserve it.