

The Closing Thought

Most people believe their future will be decided by their biggest leap forward. I don't believe that. I think your future will be decided by something much quieter. By what you do next.

Not after your best day. After your worst one.

- ♥ Anyone can believe in themselves when life is going well.
- ♥ Anyone can keep a promise when they feel motivated.
- ♥ Anyone can practise a healing habit when they have the time, the energy and the perfect circumstances.

The real question is this: who are you the day after you disappoint yourself?

- ♥ The day after you people-please again?
- ♥ The day after you lose your temper?
- ♥ The day after you abandon your own needs?
- ♥ The day after you forget everything you've been trying to practise?

That day *will* come - not because you're failing but because you're allowing yourself to be a warts 'n' all human being.

When that day comes, you'll have two choices. The old cycle will whisper, see? nothing has changed. The new you will quietly reply, watch what I do next.

That's the moment lasting change is built. In refusing to stay down. In beginning again before your old story convinces you not to. Never let one difficult moment convince you that your future has already been written. It hasn't. Because your future is

not decided by the moment you fall. It's decided by the moment you stand back up - over and over again.

That is how cycles are broken. And that is how lives are changed.