

## **The Closing Thought**

You don't need someone else to tell you you're doing the right thing - not because you're arrogant but because you've become anchored.

For so much of your life, you've looked outside yourself for reassurance, approval, validation, permission, and certainty. You thought those things would make you feel safe. They never could. Real safety was never waiting for you in someone else's opinion. It was waiting for you in your relationship with yourself.

There will still be difficult decisions, unexpected endings, disappointments, moments when you wonder whether you've chosen the right path. When those moments come, don't look for someone to rescue you from uncertainty. Remember who you've become:

- ♥ the person who keeps their promises
- ♥ the person who copes instead of collapses
- ♥ the person who tells the truth
- ♥ the person who stays
- ♥ the person who never again abandons themselves to make life easier for someone else

This is the person you'll spend the rest of your life with and here's the beautiful irony: the more you trust yourself the less you'll need the world to tell you who you are.

The loudest voice in your life will no longer be fear. It will be the quiet confidence of someone who knows this simple truth:  
**whatever happens next... I know I can count on me.**