

# no looking back (that's not the direction you're headed.)



Study your hands for a moment. Rub your fingers together. Uncap your pen and feel that beat of anticipation as your hand draws close to the page. Note if your thoughts arrange themselves in a slightly different way or your mind unravels sentences at a more purposeful pace. All of it leading to the thrill of seeing your ideas appear in front of you. From heart to mind to hand to paper.

with the act of writing comes a bold release. What might have felt stuck or unformed — thoughts jumping around inside of our minds — now are free. In letting the words out, one by one, we receive a much-needed reminder. Yes, this sentence should be expressed. Yes, these ideas deserve to see the light of day. And from there, we affirm a larger truth — that what bubbles up from within us is worthy.

In simply writing the words, there is no guarantee. Not of greatness or eloquence — there is not even the promise that what is said will always be something that we, ourselves, love. But that was never the journey, never the point. It is the act of writing. It is recording our truths as we know them today — in this hour, in this minute. It is being bold, growing confidence, and remaining committed to the daily journey of becoming. With no fear of failure, no looking back.

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