

BE BRAVE, TRUST THE PROCESS...AND ALLOW OTHERS THEIRS

HAVE YOU EVER FELT THAT RUSH OF IMPATIENCE WHEN A TODDLER INSISTS ON PUTTING THEIR SHOES ON THEMSELVES, AND ALL YOU WANT TO DO IS GRAB THE SHOE, GET IT ON, AND HEAD OUT THE DOOR?

WE VIEW SITUATIONS THROUGH THE LENS OF OUR EXPERIENCES, THOUGHTS, AND VALUES. WE OFTEN FEEL COMPELLED TO 'HELP' OTHERS BY DOING THINGS BETTER, FASTER, AND IN OUR WAY. AFTER ALL, WE'VE BEEN PUTTING ON SHOES FOR YEARS; WE'RE IN A HURRY AND KNOW EXACTLY HOW TO GET IT DONE. BUT WHAT ABOUT THE LITTLE ONE, STILL FIGURING OUT WHICH FOOT IS LEFT AND WHICH IS RIGHT?

I'VE FOUND MYSELF ON THE OTHER SIDE OF THIS SCENARIO MANY TIMES, AS I'M SURE YOU HAVE TOO. WHEN YOU'RE LEARNING A NEW SKILL OR HOBBY, YOU'RE EAGER TO SHARE IT WITH THE WORLD. FRIENDS AND FAMILY, WITH THE BEST INTENTIONS, FLOOD YOU WITH ADVICE BASED ON WHAT WORKED FOR THEM. THEY OFTEN FORGET THAT WHAT YOU NEED MOST IS THEIR ACKNOWLEDGMENT OF HOW FAR YOU'VE COME AND THEIR PRESENCE IN YOUR JOURNEY. IT'S LIKE WHEN MY DAUGHTER SHOWS ME HER LATEST DRAWING, PROUDLY PRESENTING WHAT SHE BELIEVES TO BE A LIZARD. SHE DOESN'T NEED ME TO POINT OUT HOW IT LOOKS MORE LIKE A WHALE; SHE NEEDS ME TO SHARE IN HER PRIDE AND RECOGNIZE HER EFFORT. YES, THERE WILL BE A TIME FOR CONSTRUCTIVE FEEDBACK, BUT TODAY IS NOT THAT DAY. TODAY, I TRUST HER PROCESS, WHICH IS UNIQUELY HERS.

I RECENTLY STARTED RUNNING, AND I AM SO PROUD OF MY PROGRESS. I INVITED A FRIEND FOR A SUNDAY RUN IN THE PARK, BEAMING WITH JOY LIKE A TODDLER WITH A LIZARD PICTURE. THIS FRIEND, WITHOUT ASKING WHAT THE INTENTION WAS OR REALIZING I WAS TRYING TO SHARE MY PRIDE WITH THEM, JUST SAID NO THANKS, I AM TOO SLOW FOR THEM. IT FELT LIKE SHOWING MY LIZARD DRAWING AND BEING TOLD IT LOOKS NOTHING LIKE A LIZARD, CRUSHING MY SPIRIT.

WITH MY HEART HEAVY, I TEXTED MY RUNNING BESTIE AND SAID, "HEY, IF I AM EVER TOO SLOW FOR YOU, PLEASE JUST GIVE ME A HEADS UP." HER RESPONSE? "I AM 100% HERE FOR YOUR JOURNEY AND SO PROUD THAT I GET TO WITNESS YOUR GROWTH." ON DAYS SHE NEEDS TO RUN FAST, SHE GOES ON HER OWN, BUT SHE UNDERSTANDS THE SIGNIFICANCE OF BEING THERE FOR ME WHEN I WANT TO SHARE MY PROGRESS. SHE RESPECTS THE PROCESS AND IS FULLY PRESENT FOR IT.



SO, LADIES, NEXT TIME YOU FIND YOURSELF IN A SITUATION WHERE YOU OR A FRIEND WANTS TO SHOW THEIR PROGRESS, BE FLATTERED THAT THEY CHOSE TO SHARE IT WITH YOU! THEY TRUST YOU ENOUGH TO SHOW YOU HOW FAR THEY'VE COME. IN A WORLD OBSESSED WITH INSTANT PERFECTION AND ENDLESS 'HOW-TO' GUIDES, BE THE ONE WHO SIMPLY STANDS BY. BE THE ONE WHO TRUSTS IN THE PROCESS OF BECOMING, FOR YOURSELF AND FOR OTHERS. THE DAY WILL COME WHEN THAT PERSON MIGHT ASK FOR YOUR ADVICE ON HOW TO BE QUICKER OR MORE EFFICIENT, BUT TODAY IS ABOUT CELEBRATING THEIR FIRST STEPS. BE PATIENT, BE SUPPORTIVE, AND MOST IMPORTANTLY, BE BRAVE IN ALLOWING OTHERS THEIR JOURNEY.

AND AS YOU EXTEND THIS KINDNESS TO OTHERS, DON'T FORGET TO EXTEND IT TO YOURSELF. TRUST YOUR OWN PROCESS. DON'T MEASURE YOUR PROGRESS AGAINST SOMEONE ELSE'S TIMELINE OR ACHIEVEMENTS. YOUR JOURNEY IS UNIQUE, WITH ITS OWN SET OF CHALLENGES AND VICTORIES. BE KIND TO YOURSELF, ACKNOWLEDGE HOW FAR YOU'VE COME, AND EMBRACE YOUR PERSONAL GROWTH. IN THE GRAND TAPESTRY OF LIFE, EACH THREAD IS VITAL AND BEAUTIFUL IN ITS OWN RIGHT. TRUST IN YOUR PATH, BE BRAVE, AND CELEBRATE EVERY STEP YOU TAKE.