

# BE BRAVE DO THE RUN YOU CAN DO

As per my previous glimmer, as you can remember, I struggled a bit to find the sparkle around me. But these past three weeks have been filled with small, delightful moments that made me feel so alive. These weren't big life events—I haven't won the lottery (yet)—but I made a conscious effort to find beauty in the little things. One day, after a run, I found myself standing under towering trees with my arms wide open, feeling free and happy. I had this huge silly grin on my face and felt so light and joyful. (No idea what the cows in the field next to me must have been thinking).

These tiny sparks of happiness every day fueled my motivation and started reminding me of the energy in me that I love and missed. I started doing more things that I feel was kind to my soul: walking around the city center with a foolish grin, soaking up the sun, having dinner with friends on Grafton Street, lunching in the park, swimming in the ocean with my kids, getting a new piercing, and reading an entire book in one weekend. These small actions ignited a flame in me, reminding me of the joy I needed. These things might not be what awakens your inner *YOU*, but find out what does and be relentless in making sure you do it!

As for my monthly glimmer, I started a new hobby: running. If you know me, you'd know I only ran if something was chasing me. But with a cool new app and an encouraging coach, I can now run for 30 minutes non-stop! Not only has this boosted my confidence, but it has also become my "me time"—a time for reflection and feeling alive.

Last night, during a 10-minute easy run, the coach said something profound: "This might not be the run you want to do. Others might look faster, stronger, but if you can't do the run you want, *do the run you can do.*" This resonated with me deeply and pushed me to run a little faster.

How true is this in our lives. We all have dreams and aspirations, but often we shy away because we can't start at the perfect pace. We compare ourselves to others and get discouraged. But if you can't do the perfect run today, that's okay—do the run you can. With time, you'll reach your goals. I remind myself of this constantly. I dream big and have many ambitions, but sometimes I get scared. Then I remember: just do what you can today, keep your goal in mind, and take it step by step. And please be kind to yourself.

I hope you find the courage to do what you can today, even if it's just getting out of bed. It's the small sparks, the 1% efforts, that add up.  
Just do the run you can do today.

