Motivational Monday – Week 10 2014

As I am nearing a monumental birthday (the big 3-0), I am aware that this is typically a time people reflect on where they are in life and what they have done. Up until the age of about 26, I was happy with everything that I'd done; I felt accomplished, well travelled, educated and happy with how life was. The second half of my 20s started to slow down, and now, I am so unwell that I do not work, can not drive, I live with my parents, and I do the bare minimum in terms of chores or social outings. Nearing my 30th birthday, I could be forgiven for seeing this as a bit of a failing. However, I know that it is absolutely not down to any fault of my own. I am motivated and enthusiastic, and I am only in this situation because of my health issues, which I am doing all in my power to improve.

The saying that I wanted to focus on for this week is, "If you stumble, make it part of the dance." I love this. I may have gone off my planned path, but I am making the most of what I have. This blog for example, was born out of the stumble that has been my bad health. Keeping this blog going is really good for me. I also have become so interested in nutrition and well being due to my health issues. I love to learn as much as I can in this area, and I hope to be well enough soon to expand on this. So if you find that something knocks you during your dance, no matter what it is, do not see it as a failure or disaster. It can be scary and disheartening, but try to incorporate it and take advantage of the new possibilities.

