Thriving – certainly not a one-size-fits-all all topic. Once I started thinking about "Thriving" as a process and not a product, it was less elusive. I confess, I am a goal chaser. Telling myself that things would be easier, more enjoyable, more exciting, when I just accomplished my goal – like - graduating college, getting a great job, getting married, having kids – the list is endless. The really sneaky thing I finally realized was that as soon as I accomplished one goal, I almost immediately moved on to the next. I never let myself savor my hard work, good fortune, or amazing accomplishments. I just started climbing the next mountain. Now, part of that is great – the growth mindset and determination piece. However, I noticed that I never took the time to remember and cherish all of the mountains I had already conquered. Allowing myself to take a breath and connect that my present, where I am now – who I am now has always been about the journey – not the destination. I believe that thriving is not one thing, one goal, or even one feeling state. It is loving and valuing yourself during your journey, nurturing the parts of you that struggle and celebrating the parts that shine. And the sprinkle of fairy dust that makes my life sparkle? It's having a community to share my journey with. A community where I can hold out my hand and offer someone encouragement as they follow their own path. Perhaps loaning someone some hope as they are searching for their own. As I often find myself saying – I am at my best when I am a human being rather than a human doing.

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