

There's something to be said about seclusion...Breaking down your walls, being inside your head for a while (I live there), dissecting each and every aspect of your life (constantly) and utilizing all the resources possible to ensure you're creating the best life for **you**.

The Ideologies from society, family, friends, your significant other, and social media will never replace what you can give yourself. Learning how to love yourself first in order to love others is paramount, and validating your own existence is imperative. Otherwise you will be endlessly searching for validation from anyone, which is toxic and harmful on so many levels.

Whatever you do, don't feel obligated to conform into what you feel is ideally the version and vision predicated on **someone else's** perspective of you. Remember Their opinion of you is none of your business and more importantly, It does not define who you are, who you have to be or who you want to become.

Free yourself from the chained memories and associations of you by others.It's time to Reinvent yourself, Re-Introduce yourself and Re-Establish the bar. Detach from the small, closed minds and stop wasting your time.

The feeling of letting go and freeing oneself of all inhibitions and being true to yourself is euphoric and comes with a sense of inertia, like a wave pulsating through you.

We've all got many versions of ourselves, so why not stick to the one that highlights our soul, The one that genuinely makes us HAPPY?!. The truth is, NOBODY CARES! It's a sad reality. The only thing we can control is oneself and how we choose to react and respond.

I encourage you to Live life the way you really want and simply be honest with yourself, kind to others and forever grateful and humble. Eventually money will come, real family and friends will stay in your life, love you, encourage you, respect your change and celebrate life together.

Don't settle for anything, ever. Continue your journey, embrace the process and all the little things you take for granted. Practice good intention and put in the work. Good things will come, only if you're willing to see them...Stop fearing the world we live in. Take your rose colored glasses off and embrace being uncomfortable for the sake of truth. It's time to be awake, not woke. Mentally and physically strong, vigilant, resourceful, honest, loyal, integral and ruthless when it comes to your one and only life. If we are the best versions of ourselves, imagine what we could do for future generations. Never forget it's all about **FREEDOM and it's not free**.

If after reading this you think to yourself, how?! Well, first make the decision to change. That in itself is a choice. With that you can change your entire world... Which will ultimately create a ripple effect. It's about the Ebb and Flow. Choose wisely.

Don't just live 75 years and call it a life. **LIVE FULL - DIE EMPTY**

When you're ready, I'm ready for you. Pura Vida!!