

Just show up, as you are. You don't have to look or feel great. You don't have to be prepared for each challenge or know all the hows of every situation. You don't have to be fearless, or have all the answers, or be 100% ready. Nobody is any of these things. Nobody ever was. It's not about being perfect at all. You just have to show up, as you are, despite all the objections and insecurities of your mind, despite each and every fear that threatens to hold you back, despite the limitations and criticisms other will place on you. The hell with it all. This is your life, your journey, your adventure, and all it's asking of you is to show for it, as you are. That's enough. That's more than enough. That's everything.

Scott Stabile