

Calm Living Blueprint Podcast

Episode 29: You're Exactly Where You Need
to Be
Candice Esposito

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Well hello. Welcome to episode twenty-nine of the Calm Living Blueprint Podcast. My name is Candice Esposito, the founder of the Calm Living Blueprint and I am your host.

As always, thank you for listening in and spending part of your week with me. I appreciate your company.

So there's something that I've been reflecting on lately that I thought I would share... this aspect of life that sometimes the hardest thing to do is to live exactly where you are and as who you are.

Have you ever felt that?

It's a funny thing... growing up no one teaches you how to do that – to just live.

Each morning we wake up caught between the person we once were and the person we are becoming, between the life you once lived and the one you are creating.

And you're kind of left to wonder if it's possible to ever find some peace in that space between yesterday and tomorrow.

So that's what this episode is about – how we can embrace where we are right now and the fact that that is exactly where we need to be.

As always, a quick reminder that the show notes for every episode are available on the Calm Living Blueprint website. The show notes include the mp3 recording, the transcript of the podcast, any resources mentioned, as well as the homeplay that I recommend in each episode. The show notes for today's episode can be found at CalmLivingBlueprint.com/29. That's the number 29 as in episode number 29.

You are exactly where you need to be, surrounded by everything that you need and even if you don't feel like you are... you are perfect.

How do you feel about that statement?

I fought against knowing this for a long, long time. Believing that I was broken, needing to be "fixed." That I was a failure during those times when social anxiety seemed to hold me back from living the life I wanted to live.

Part of the shift for me came when I asked myself, "Why do I really want to change this part of myself?"

I think it's an important question. I encourage you to consider asking yourself. And it's a question that needs an honest answer.

See, I had a hard time believing that if I didn't make a particular change I would never be worthy, lovable, enough.

What it comes down to, what I'm talking about here is self-acceptance. I found that when I truly accepted myself that statement – wherever I am is exactly where I need to be – began to ring true to me.

So, how can you come to self-acceptance? What does that path look like?

I want to share a few things that I found helped me:

Love Your Yesterdays

When you're in the midst of changing your life for the better, growing your self, overcoming anxiety, perhaps the last thing you want to do is remember your yesterdays.

If you're like me a lot of those yesterdays were filled with fear, shame, disappointment, grief, sadness and loneliness. There were dark times when I didn't know what I was doing with my life, who I was going to be, where I was going, if I even wanted to live.

I thought I could ignore that person and that life that I once lived. I found out I couldn't though. I was wrong about that.

Here's the thing: you start to love your yesterdays when you stop running from them and instead use them to help you see how far you have traveled.

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If this is difficult for you to conceptualize right now, go back one or two years in your mind. Write down everything you have done, choices you have made, things you set in motion, how you've reacted to events.

We aren't always aware of how far we've come. We don't always feel the change and growth that happens daily. Sometimes you need to look back in order to see how far you have traveled.

Our today is simply a reflection of all our yesterdays. For myself, I know that if I hadn't gone through those dark times I may never have discovered the inner strength I feel today, the determination and faith that I have in myself.

Yesterday I was exactly the person I needed to be in order to become the person I am today. And so are you. Yesterday you were exactly the person you needed to be in order to become the person you are today.

Dream of Tomorrow

Sometimes it seems like the only thing that ever changes is the date on your calendar. You've been working so hard, so focused on a particular goal, it's all you can think about.

And instead of your dreams giving you hope and happiness, all you begin to see is what you don't have in your life. And you become anxious, stressed and worry about the "what ifs."

What if I never get over my social anxiety? What if I never date? What if the future I long for never arrives?

If this happens to you, a good way to deal with it is to write down everything you have right now.

Sometimes we focus so much on what may come that we lose sight of what is already here.

Sure, we need dreams to guide us. They make our heart smile.

Dreams don't come with guarantees though.

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Sometimes it doesn't matter how hard you work or how badly you want something. So hold loosely to your dreams. Have them, let them guide you, but at the same time be willing to let them go, to change and grow just as you change and grow.

Embrace Today

Remember I said no one teaches us how to live. It's because they can't.

Only you understand and discover the truth of how to live your life. Only you know what matters most in your heart, what you want to create.

Living exactly where you are and as who you are – yes, it's the most difficult thing you'll do. And, yet, as this magnificent thing we call life, it's the only thing you have to do.

We each have to live our own story.

Our stories include peaks and valleys, sadness and happiness, belonging and loneliness, fear and hope and everything in between.

Live your story.

Live today, wherever you are, whoever you are. Even in this moment you are changing and growing.

Embrace your today. It's only by stringing lots of todays together that you complete your story.

Find peace in today – which is an echo of your yesterday and a glimmer of your tomorrow.

When you do all this you embrace yourself.

And that is self-acceptance.

Nothing is permanent. The good stuff is fleeting. The difficult stuff eventually ends. The hard part, perhaps the most important part, is staying in the present moment.

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Wherever you are, whatever you are dealing with right now is okay.

You are exactly where you need to be.

'Til next time,

I'm Candice Esposito.

Keep calm and carry on.