

Peace is the sweetest victory...

The 1% rule that will make your life easier no matter what's happening...

So there I was—enjoying my own company and coasting through my breakup. I felt inspired, alive, and excited about the possibilities, with minimal waves of sadness and anger.

The *breakup feels* were subsiding a few weeks ago and I was finally beginning to feel like myself again...but grief comes in waves.

There is something sweet about rediscovering how to navigate life on your own, whether after a relationship, a job, or leaving a place that once felt like home. The other night, I lit some candles and watched a cute rom-com that made me realize just how lucky I am to be single at this point in my life.

I will always believe that being present within transition is a gift, if we are willing to pay attention.

Something I love about my job and doing personal growth work is getting to know the nooks and crannies within myself that emerge when I'm pushed to my limits.

Some things will knock us down no matter what we do.

Betrayal is one of them for me.

A few days ago, just as I was getting my mojo back, I felt myself moving backward. At first, the space between mental spirals was five minutes. I watched them slowly spread out through the weekend. Now, they are at least a day apart, and soon, they will barely exist at all.

It hurts to love people well, only to be treated poorly and become collateral damage to someone else's problems.

I kept thinking about that candlelit night by myself, with my rom-com, at peace with my popcorn. Letting myself rest, dancing, writing, eating snacks, and being an independent woman in her thirties.

Certainly, it is easier to feel peaceful when things are “not that bad.” But when something becomes worse than we thought, we are forced to round out the corners of what we really feel and face ourselves for real.

*But can you find your peace while screaming?
Can you find your center when people hurt you?
Can you hold your ground and not stoop to their level?*

This is where my (personal) work has been this week.

Basics. Feed yourself. Take a shower. Talk to your friends.
Maintain your integrity.

It's not about you.

But I was feeling so *tired* of the ruminating, the overthinking, and the *drama* - so I created a new goal.

It's called the 1% rule.

I often use this exercise with clients, inspired by James Clear's *Atomic Habits*. Small steps get us farther faster. It is about progress, not perfection.

Usually, I use this technique for productivity. This week, I experimented with using it to break free from unhelpful thoughts and emotional spirals.

The moments when we feel we "cannot" engage in grounding practices are often when we need them most.

In a frenzy, I rushed to yoga on Monday. It took nearly everything in me, and I cried most of the way there, but alas. *We made it.*

Feet planted firmly. Forehead on the mat. Supported, even while I felt like I was falling through the cracks of the wooden floor beneath me.

I set the intention to let this breakup take up 1% less real estate in my head by the end of class.

....And to direct 1% more of my attention back toward myself.

Shocker: it worked.

My goal became simple. Every day, this person would take up 1% less space in my brain. Anytime I spiraled, that was okay, to an extent. And then, my attention returned to me.

Just like the breath, as we inhale and exhale, focusing on each tiny moment between, we find ourselves in a space of presence and peace.

Peace, like everything, is a practice.

This is how we protect it: by becoming an ally to ourselves no matter what is happening.

By taking that little spark inside and moving toward what we know is best, rather than choosing what is easier: being cruel to ourselves, plotting revenge, or numbing.

Getting to know ourselves within our own company, and knowing when to turn things off, like our phones or our thoughts, is a skill that takes time.

It is essential, especially as creatives. We've got shit to do.

And you know what happened that week?

I showed up to every meeting five minutes early. I made it to yoga twice. I made an extra thousand dollars. The content I created felt honest, and naturally, it did well.

All I did was become extra honest and gentle with myself, focusing more on my peace than on what anyone else was doing or thinking.

You *can* control how you show up. Do so with intention.

Peace is the sweetest victory, and it does not need to be proven to anyone.

As shaky as I felt, and as much pain as surfaced when I thought about it too hard, that small connection between my forehead and the earth reminded me that I did not need to know what happened next.

I only needed to be present with what was here.

What is taking up too much real estate in your head today?

Is it worth the energy you are pouring into it?

It's time we stop thinking about *letting go* as one massive step we have to accomplish before we can find peace. It gets to be a beginning.

Peace is not the reward waiting for us after everything is fixed.

It is the 1% we choose, again and again, while we are still inside it.