

*Kathy Laura*

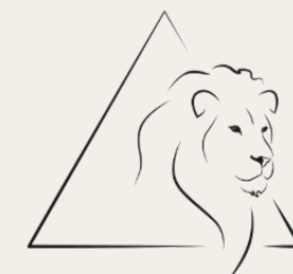
You know that you've read a good book when it feels like you've lost a great friend when flipping the last page.

# Dreaming is free

FOUR KEYS TO SUCCESS



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Dreaming is free - four keys to success

Kathy Laura Werner

# **Dreaming is free – four keys to success**

**Genre: Guidebook**

## **Foreword**

"Losing my job two years ago was the best thing that could have happened to me." At the time, I couldn't imagine making this statement. But it was the start of a journey, not to a new location, but to my own emotions and to the true version of myself that I had lost in the hustle and bustle of my previous life. I always thought I was a strong, confident woman who knew what I wanted to accomplish. However, I was not being entirely honest with myself. I had suppressed a lot of my own thoughts and feelings, even some from my childhood that I didn't fully understand. The constant stress and pressure to succeed had buried my dreams and extinguished my inner fire.

Through this book, I want to inspire and motivate you to write your own story. No matter how old you are, it is NEVER too late to dare to try something new. It's your own thoughts and beliefs that set limits and hold you back. Create your own story!

From the bottom of my heart, I want to thank my family - my mother, father, and sister - for always listening to me

and being there for me in my darkest moments. They have always been honest and sincere with me, especially when I needed it the most. I also want to thank my friends for their support during difficult times, for lifting me up, and for always being there to listen. I am grateful for the wonderful relationships and new friendships I have made along the way. Thank you all for the inspiration.

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## **Introduction**

Many of us lead fulfilling lives with jobs, friends, and possibly families. However, we may still feel like something is missing. When we were younger, we had dreams of what our lives would be like. We went to school, gained an education or degree, and found a job. Slowly but surely, we came to accept this as our reality and our dreams became just that - dreams.

This is a feeling shared by many people I talk to, and I felt the same way. I wasn't even aware that I was going through the motions of life. Everything was fine as it was. That is, until reality brought me back down to earth and forced me to confront what I truly wanted to achieve.

It was a difficult and trying time, full of fears and disappointments, but also full of determination to do what was right. Today, I am grateful for that turning point in my

life because otherwise, I may not have made the choices that have brought me to where I am now.

That's why I want to share my journey with my readers. My ambition is to pass on what has made me the person I always wanted to be, what has helped me live and achieve my dreams, desires, and goals. I hope this book will inspire those who are also searching for their path, even if they don't know where to start. I felt the same way at first, but if you set out with determination, you will make the right choices and meet the right people to help you along.

I want to share my journey, one that I embarked upon in the truest sense of the word. I will share my thoughts, reflections, and the changes that have helped me not only come to my senses, but also set a course in my life towards one goal: to realize my desires, dreams, and ideas of a fulfilling, successful life.

Looking back today, I am grateful for everything that has happened in the past two years, even if it didn't always seem like everything would turn out well. All the difficulties and obstacles were exactly what I needed in each moment to grow and find my own way.

Therefore, even if you are in a difficult situation right now, I want to encourage you to never give up. In every difficulty and with every problem, there is also an opportunity. And with a little courage and discipline, you can learn from these obstacles what you need for your success.

## **Inventory**

Until the spring of 2020, my life was proceeding along quite regular lines. I had a job, a relationship, and I knew roughly where my life was headed and where I would be in one, two, or five years - roughly where I already was. Perhaps with a little more money through salary increases,

but I had a permanent job with a stable company, and everything was going well.

Then Covid came along, and initially, short-term work along with it. Even when our company cancelled short-term work, I thought that a certain normality would eventually return. I never expected that *it* would really happen to me and change my life.

The dismissal. I was fired. And half of all company employees were fired, too.

It was a shock for me because, even though it was a difficult phase for the company, I had assumed all along that my contract would continue. I never considered the possibility of being fired. And yet, that was now my reality I had to deal with. I had to figure out what to do next.

I found myself in an emotional crisis. I was paralyzed and felt incapacitated. My partner at the time did not offer any support or try to help me emotionally.

We argued a lot, which added to my psychological strain. He rejected me in public, and I suppressed my feelings. I felt trapped in a relationship that wasn't right for me. My character had become extremely adapted to my partner, and I slowly realized that the entire relationship was not good for me. The arguments became more and more extreme, often hurtful, and I was constantly criticized and skeptically questioned. I couldn't express my needs because I was constantly dealing with rejection. Despite all this, I continued to fight for love, recognition, and affection and hoped for a change. At some point, I felt worthless, misunderstood, and unseen.

On the professional side, things didn't look much better. The job applications I wrote received no response. I felt like I no longer existed in the professional world. Slowly but surely, I lost the strength to engage in sports, write applications, or meet with friends. Talking to others and showing myself in public became a challenge. Instead, I was more concerned with my own thoughts, wondering what was wrong with me. The whole situation drained me.

I distanced myself from my friends and avoided contact with the outside world as much as possible.

After a while, I realized that something had to change. My unemployment money would be ending in a few months, and I had no clue how to continue... I had no job lined up, and the money I had was barely enough to pay my bills. My relationship was about to fall apart, and with the pandemic still going on, that was anything but exhilarating. Something had to change.

I forced myself to sit down and consciously consider what was actually important to me in life. I divided my life into eight different areas:

Recreation and leisure

Family and friends

Relationship and love

Health and fitness

Personal growth

Job and career

Money and finance

Goals and self-fulfillment

By thinking about what was actually important to me across these eight areas, I gained clarity about what my values were and thus how I actually defined myself.

A shift in my mindset began when I started writing things down. I stopped feeling sorry for myself and feeling bad about my situation. I began to start thinking about my future. My motivation was coming back, even though the situation itself hadn't changed at all. It was still the same rationally. But on that sheet of paper, I had a draft of what my future should look like, who I am, and what I want to achieve in my life.



That's how I filled the void that unemployment had created in my life: I dealt with myself, with my desires, and with the question of who I am and where I want to end up.

This was an important process. I dealt with myself, my desires and values, and what truly defines me. This also included questions about how I interact with other people. Why did I find it difficult to stand up for myself and speak up for myself in front of others? In which company or in the presence of which people do I feel comfortable?

When you study intensively, you delve deeper into new areas, and sometimes surprising questions arise that you find answers to - it's the process of learning. This time, the subject of my studies was myself. I learned what and who belonged in my life and where I wanted to be in a couple of years.

Most importantly, I realized that I had made a habit of suppressing my feelings. This may have been due to traveling mostly by myself or spending a lot of time alone as a teenager. Or maybe it was due to my previous job or simply how I had designed my life. In any case, expressing my own feelings was a challenge. I had not learned to deal with sadness, rejection, despair, frustration, anger, helplessness, or a loss of control.

Meanwhile, I had about six months left before my unemployment money ran out. I had no job prospects yet and fears for the future. I spent my days walking and listening to podcasts, reading books about personal development and psychology. I was busy designing my new life, answering concrete questions about where and how I wanted to spend my life, how a relationship should look, and, most importantly, how I wanted to continue my professional life.

Suddenly, something happened that might seem surprising, but was actually the logical result of me coming to terms

with myself and learning to stand by my feelings: I found more self-confidence, a self-confidence from within.

I carefully wrote down what I wanted in each of the eight areas of my life. This helped me create a reference point for myself as I looked towards the future, even though everything around me still seemed uncertain.

I tried my best to change my situation and find a new job, as time was running out. I kept sending out job applications, hoping to get some kind of acceptance. However, my hope was not fulfilled.

Slowly, my situation became unbearable, including in my relationship. I felt trapped. The first step I took was to end my relationship with my partner and focus completely on myself. Without really thinking about it, I began selling my valuable possessions. I started with my clothes, selling them on various internet platforms. Eventually, I was able to scrape together about 2000 euros.

I was overwhelmed with the feeling that I urgently needed a change of scenery, to leave my old life behind. I vividly remember the day when I met up with a good friend and

she asked me, "Kathy, what are you still doing here in Germany? You're single and unattached, you can hardly do anything here because of the pandemic. If I were you, I'd book a plane ticket and fly away, exploring the world." Honestly, I didn't feel up to traveling alone at all, even though I had already traveled to places like Australia, Barcelona, Bali, Milan, and many other amazing places on my own. I just felt weak and powerless.

However, on the way home from my friend's house, I started to wonder, "Maybe it's a good time to fly away, since nothing and no one is holding me here. Maybe I should do the scary thing I'm afraid of - traveling by myself." When an idea pops into my head, I usually implement it very quickly, so two days later I booked a flight to Tulum, Mexico.

The COVID restrictions in the area were relatively relaxed, so a normal vacation was possible. I quickly calculated how much time I could afford to spend with the

little money I had available, minus the cost of the round-trip tickets. My planned trip was for two weeks.

My mind reminded me that this plan was completely crazy - to invest a lot of money, money that I couldn't afford at the time, in a two-week vacation. After all, I had no idea what would happen when I came back. I would have spent all my money and definitely be in the red with my bank account, with no prospect of a new job or secure income. But I had to get out, escape my routine and situation, distance myself from my current life. So, I decided, "I'm just going to do this."

It took a lot of effort and courage for me to even take this journey.

Looking back, I'm just glad that I took the risk and made this step, that I listened to my gut feeling. Because this journey really did change my life. Without this step, I wouldn't be where I am today.

## **BREAK**

One evening during this holiday, I was invited to an event and had an encounter there that once again changed my view of life and what I was striving for. Until now, I only knew things like self-made millionaires or the American dream from Hollywood films. I had never associated anything like this with my own life and myself. That evening I struck up a conversation with a woman who was in a similar situation to my own just seven years ago. Very little money, no job and no idea how to proceed. She built her own logistics company in the USA from the ground up and now has eight-digit sales. At first, I was very skeptical whether all of this was true, somehow it all sounded surreal. She seemed very determined, proud, maybe even a bit arrogant but still a very interesting and courageous personality. We had a good chat and I also told her about myself and my professional career, that I had worked in the

logistics industry and studied hotel management. A very inspiring encounter for me that completely changed my perspective of work, earning money and life.

This short time of only two weeks was an incredible motivation for me. Looking back, that time in Mexico was so much more than a vacation, it was like a little window into the future, seeing things I wanted to have for myself and achieve. I felt energized to take my life in new directions. And my biggest drive when I got back was to be there in Tulum with my laptop on the beach and work from there as soon as possible.

In hindsight, I was just ready for a change at that point. In the months before my trip, I had worked intensively on what was important to me in my life and what values I wanted to live by. And that's exactly what made me ready to accept and absorb all the inspiration from the people I met in Mexico. It was like a gift, a milestone that I had worked for myself, even though I wasn't even aware of it at the time.

## New plans

I entered a phase in my life where I had only one goal: to start my own business and earn money independently. Throughout the summer of 2021, I locked myself away and worked on my future plans every minute of the day. Having my own website was the first and most important step toward self-employment for me. The type of business and the products I wanted to offer were not yet fully developed, as I was still in the process of thinking through all my options. However, working on my website made me feel like I was working on my future. I had an old laptop at my disposal and building a complete website was new territory for me.

As a result, my progress was slow, but I was learning about WordPress, web hosting, privacy, and how to use these tools. At the end of the month, I had some money left that I invested in new add-ons and courses to improve my skills in startups, taxes, and online marketing. The answers to questions about what kind of offer I wanted to create and which areas I wanted to cover also started to take shape. Acquiring customers and pricing were the next steps I had



to focus on. In other words, within four or five months, I was trying to develop a complete business mindset and teach myself entrepreneurial skills. As a product manager in my previous jobs, I had already learned some lessons about marketing, strategy, and budget responsibility, which helped me to progress. However, I wanted to use my time wisely and acquire more knowledge. The employment office paid for an advanced training course in online marketing, which I also completed as a supplement.

Step by step, I was building my future without knowing exactly where the journey would end up. I was motivated and disciplined, rarely going out of the house or meeting with friends. My focus was completely on starting my business and being successful, specifically on being able to work fully remotely from the beach in Tulum or anywhere else in the world. Motivation is a very important thing and can inspire you to step into new worlds that you never would have thought of before.

My motivation was so strong to live this dream, this attitude toward life that I had gotten a small taste of during my trip to Tulum. It was a big enough dream that everything else faded into the background. Keeping it firmly in mind helped me to overcome the difficulties I encountered and stay focused all the time.

Even though my actual environment offered nothing to remotely indicate that I could realize this desire in the foreseeable future, I worked every day from morning to night to achieve the dream I had set for myself.

### **Risks**

When you embark on new paths, fate or the universe (whatever you want to call it) will always put you to the test. In my case, it demanded that I stand by what I really wanted. Unexpectedly, I received a job offer. After more than a hundred rejections, I now had the prospect of a regular job as a product manager for a well-known global consumer goods company - a permanent position with a good salary and the security of a fixed income. It was a

lucrative job offer from a successful company, with a salary of 70,000-80,000 euros a year.

I would have had the option to build up my self-employment on the side, even if it would have taken a little longer. Of course, doubts and a certain ambivalence arose. On the one hand, my time was running out due to my situation - my unemployment benefits would expire in three months, and then I would no longer have an income. On the other hand, my plan was still completely uncertain and not fully developed. I had nothing but my willpower and the knowledge I had acquired so far, along with a vague idea of how I could earn some money.

I probably would have enjoyed the job, at least in parts. However, I would have spent a lot of time working for a company that wasn't mine. I would have traded security, including financial security, for my dreams. For a few days, I debated back and forth, weighing the pros and cons. And then I made up my mind: I didn't accept the job offer. I was determined to realize my own ideas of life and self-

employment. I decided to go for my dream, to live my dream, even if it meant taking the risk of having to make money somehow within four months. My decision wasn't truly understood by friends around me.

After receiving 150 rejections, I finally had a lucrative offer that I turned down for vague plans that weren't even fully developed yet and meant absolute uncertainty. My decision motivated me to work even harder and fulfill my dream even more.

I concluded that I wanted to do something with marketing. Marketing consulting and logistics consulting were the business sectors I wanted to move into. I worked systematically, adjusting my resume and uploading it to recruitment sites. I tried to use the little time I had left as intensively as possible. All my time and money were investments for my future and my own business.

Without knowing whether it would bring me to the point I wanted to be, I took risks and made the decision to give it a try.

In retrospect, not accepting the job offer was a key moment. I proved to myself that this wasn't just a fantasy, something I had come up with in desperation—the despair that came from the fact that none of my applications were accepted, that I would soon run out of money, and that I didn't know what to do next. No, this was much more than mere temporary enthusiasm after coming back from a vacation.

I had taken everything into account, stepped out of my comfort zone, and was determined to see my dream realized.

Proving to myself how honest and dedicated I am to my dream and really standing by it, no matter what happens, was an important process.

## **Setback**

In life, you can plan as carefully as you like and put all your energy into achieving your goals, but there's one thing you can never be prepared for: strokes of fate, especially when it comes to your health. In this case, a major setback came in the form of a cancer diagnosis for my mother. She hadn't been feeling well for some time, but no one in the family had expected bad news. My mother, who is a very healthy and athletic person and a former tennis league player, was slim and well-trained at almost sixty years of age.

Unexpected circumstances can occur at any time, and the hard part is dealing with them when nobody has taught you how. I experienced this time very intensely. It was a very difficult moment for our whole family. We had already overcome a lot of challenges in life. The competitive sport of tennis had a great impact on my sister and me at a young age, but it also divided our family into two parts. My sister dedicated her entire childhood and teenage years to her tennis career until her mid-20s.

So much so that she started taking correspondence courses as early as 10th grade in order to continue competing in

international tournaments. Our family didn't have an ordinary lifestyle. In my circle of friends and in a small village, a growth mindset and determination in competitive sports was very unusual. My parents supported her financially and encouraged her wherever they could. My mother was on the road with her every day, driving extremely long distances for training and tournament sessions. My father had several management positions in international pharmaceutical and corporate companies, with a lot of responsibility and the pressure to perform every day. I was on my own at a young age and already acted very independently in my teens.

Our little dog, Pico, brought our family together and gave me a lot of support during lonely phases. The news that my mother was suddenly ill with cancer came as a shock. Just the idea of associating the word "cancer" with one's own mother is unimaginable. Most of the time, it was very distant and not tangible at all, but now it was the hard and true reality. My sister, my parents, and I talked a lot and tried to come to terms with the situation.

People deal with such life-changing situations very differently, and I found it interesting to see how people processed them, especially in my own family. Some react with anger, others with sadness, or with fear. Our whole family was afraid, and there was a lot of uncertainty, not knowing how advanced the cancer was. My mother was in very poor condition, and my father, himself a very successful businessman, had fear written all over his face. For me, it was different.

I was learning something. Maybe a part of me expected to give up my plans, or at least postpone them, to be with my mother and stand by her. But I was powerless against this disease; I really couldn't help her. It was her illness, not mine. If I gave up my plans, my dream, it wouldn't help anyone. Not me, and not my mother. Even though it may sound harsh, I made the decision to go on and continue working on my independence, not to shift my priorities. I did this also in light of the fact that if I were happy myself, I could give my mother much more energy. I was just bursting with energy when I was working on my project, and it also distracted me a lot from the actual difficulty of



the situation. This energy and enthusiasm, I felt, I could pass on to my mother and share with her. Without my life's purpose, I would have had nothing to give her.

Something else I noticed during this difficult period was that as a family, we had always attached great importance to a healthy lifestyle, especially lots of exercise. My mother in particular was a pioneer in this respect. This made her diagnosis of colon cancer all the more incomprehensible to all of us. Therapy approaches had to be discussed and chemotherapy was on the agenda. That was a hard time. My mother was scared and searching for reasons why this had happened to her.

As a family, we were never really good at talking about our feelings. We were more accustomed to being hard on ourselves and disciplining ourselves through competitive sports. However, when faced with my mother's cancer, we had to confront our fears and doubts. Looking back, I believe that unresolved feelings can play a significant role in the development of these types of illnesses. It's not just about nutrition and physical well-being, but also about mindset and inner balance. My mother realized that she

needed to address her feelings, stress, and suppression of emotions in order to overcome the disease.

Maintaining inner balance is just as important for health as maintaining outer balance. All medications, dietary changes, and other health measures will only be effective if we are at peace with ourselves.

During this time, I became very aware of what gave me strength and wanted to have more of those things in my life. On the other hand, I felt the need to distance myself from things that drained my strength. This distinction can be vital and everyone must learn to make it for themselves. Above all, it's important to allow yourself to distance yourself from a loved one's illness, not only for your own sake, but also to be able to support them.

If I had abandoned my goals for her sake, I would have had nothing left to give to anyone and might have ended up needing help myself.

I had no choice but to distance myself, both for my own benefit and hers. Sometimes, we must be tough in order to do the right thing, even if it seems paradoxical, being tough to allow our feelings in. The most important thing to me was to maintain a high level of energy and take care of my independence.

Giving my mother the most positive energy was also a top priority. The situation required not only a great deal of courage from all of us, but also trust that everything would be fine. My mother didn't know if the treatment would heal her, so my father coordinated everything and accompanied her to appointments, while my sister and I tried to give our parents strength, hope, and energy. I also had to find the courage and strength to stand by what I wanted, even with all the risks, and pursue a path that was unknown to me and not entirely clear.

### **Decisions**

Despite very adverse circumstances, I had twice made the decision to continue and to continue to believe in myself.

The first test of courage was the job offer I had turned down and the second, incomparably more serious and far-reaching, my mother's illness.

It was autumn 2021. And this autumn brought me an experience that I had not expected at all and that should take me a big step further.

After I had already twice consciously decided to continue pursuing my dream, the subject of decisions should now take on a completely different form.

My acquaintance from Tulum contacted me, the successful entrepreneur from the USA. On her upcoming European trip, she had a few days between her appointments. She said she remembered me from Mexico and asked her if I could organize a weekend for her - and even come along if I had time.

It gave me a unique opportunity to gain an insight into the management of a successful company and into the everyday life of a successful self-made millionaire.

I had never expected that and felt taken by surprise, even overwhelmed. But I said yes. I planned three days, from private jet, own yacht, jet ski, driver to hotels and exceptionally high class restaurants with even better wine. The all-round perfect feel-good package. For me it was an opportunity to apply all the knowledge I had acquired in my hotel management studies and also in my work in starred restaurants in Australia and Barcelona. That was a lot of fun for me. And above all, I came into contact with a world that was completely unknown to me and that I never thought I would ever have access to.

What happened next was that I got a glimpse into a world that I had never had access to before. There were no limits in these three days. Money just didn't matter, the limits of my own mindset in terms of money and opportunities were absolutely blown up these days. Paying attention to prices suddenly became irrelevant. I learned what it's like to go out to eat and just order the most expensive lobster on the menu, or drink the most expensive wine. Spend €600 on Krug champagne and two bottles of wine in a supermarket.

It wasn't important what it cost, just the question of whether you wanted to enjoy the food or drink this wine or another. The whole weekend roughly cost over €70,000.

The design of these days was very flexible, even though I had planned them from A to Z. However, the planning also allowed for spontaneous decisions when we changed our minds or when appointments were postponed. The process had to adapt to these situations, which worked well. Anything was possible.

From these days I drew the following learnings:

- 1. Time is money.**

Efficient planning is the be-all and end-all for success. An

example of this was that she preferred a private driver who would drive her from A to B and she could do her job during that time - and so in that time probably earned many times what the driver cost in the same time. If she were to drive the car herself, which is obviously the cheaper option, then this time would be wasted time. This can also be transferred to other business situations. It's often better to delegate tasks and pay an amount to do it, only to be able to make a multiple of that amount in the same amount of time by doing what you do best. The most important keyword here is efficiency: to consider which decision is the most efficient and how the available time can be optimally used. This often differs from what initially appears to be the cheapest solution. If I can get things done that I'm good at and that have a lot of value, it wouldn't be wise to spend that time doing things that have less value—it's better then to delegate those tasks.

## **2. Flexibility.**

In a world full of appointments with other people who themselves perform important functions, there are always changes. The better one can adapt to these changes and make the most of the here and now, the more likely it is that the work and the decisions will be crowned with success.

There is always a solution and it never makes sense to let these changes upset you. Different options and backup plans are the safety net that allows you to explore other avenues. Being flexible, being able to adapt to the circumstances and still performing is a key to success. The opposite of that would be clinging to things you had imagined differently, getting angry that something isn't working. Getting angry, however, does not change the circumstances. You only take away the opportunity to be able to act meaningfully. You will not be perceived by others as someone who is able to solve problems.



Each of us can only perform as well as we can. Facing things that are not in our hands with composure is an important skill that is then transferred to others.

### **3. Switch off.**

This is a very important skill for an entrepreneur. You can't and shouldn't deal with business 24 hours a day, you need a balance to recharge your batteries. This is the only way to keep up a high workload over a longer period of time.

This also includes switching off the mobile phone and not being available for several hours. Constant availability and the need to always be available can be quite stressful in the long run. No one grants you time to yourself if you don't take it for yourself. Taking time for yourself gives you the strength to be creative again, to be motivated to continue working on the company, to make decisions and to move

the company forward.

Quick decisions.

It is important to be able to make decisions quickly. That weekend I was able to gain insight into some decisions, such as reading emails and making marketing decisions. The pace at which the emails were read by her and then forwarded to the marketing team was very fast, a matter of seconds. The decisions on this were made in ten seconds without spending much time on it. She quickly decided whether an offer would give her an advantage or whether to turn it down, or whether there were more important issues that gave her an advantage or would get her to her goals faster. The job of an entrepreneur or self-employed person is to make decisions and also to give instructions to others, be they suppliers or employees. All of this has to happen relatively quickly to ensure the flow. Postponing or procrastinating has only disadvantages.

The learning here consists above all in distinguishing where the effort is worthwhile. When it comes to things that are of minor importance, there is little point in thinking long and hard about the best solution. They say the devil is

in the details - but only if you allow it and let the little things rob you of your time. The rough overall picture and the important decisions, on the other hand, can take more time. Distinguishing this is an important skill to acquire as an entrepreneur.

#### **4. Development.**

It is important not to stand still and to keep evolving, also when it comes to your own mindset. This also includes letting things get to you, listening to others and being curious. The entrepreneur I am telling you about is one of the most curious people I have met in my life. This curiosity drives her to constantly learn how to apply experiences to herself, to acquire new skills and knowledge and to integrate them into her actions. She reads a lot of books and tries to constantly educate herself.

Part of being curious is being a good listener. Active listening means really listening to the other person and not just nodding off at the level you expected. But also to

register the emotional reactions of the other and to react to them.

I was fascinated by the way she actively listened and the natural curiosity with which she did so. towards every human

no matter if it was a hotel employee, the driver or the business partner. She spoke to everyone as equals. And I understood several things from that. On the one hand, of course, that it is important to keep learning and growing and not standing still. But there was another component that had to do with leadership or relating to others in general. Corporate management means not only responsibility, but also trust. Trust in employees and that they are able to make the right decisions themselves. In order to live up to this responsibility, one must gain insight into the human heart, into the emotional side of a person. This is why empathy with other people's hopes and dreams is so important. I was the best judge of that myself, because

it was only because she had listened to me and understood my situation that I had gotten into the situation I was in at the moment. And that motivated me tremendously. I learned about connection and warmth in business, An entrepreneur and leader connects with someone before asking for anything.

Not only is it nicer to ask for something from someone you have some kind of warm relationship with, but it's also far more effective. The connection prompts that person to show their best side again and to strive on their own initiative.

### **Interim conclusion**

These lessons have helped me a lot to grow and understand what my entrepreneurial mindset should be in order to achieve success. During this time, I immersed myself in another world, even if it was just for a short weekend. But I was able to take a lot away from those few days. What really triggered something in me was the ability to dream again, to dream of a successful life and realize that it's actually possible.

I became aware of how much our lifestyle shapes our perception, and how many people become prisoners of their own lives. They no longer dare to dream and may not even know what their dreams are anymore.

### **Dreams and beliefs**

Many people, myself included, grow up believing that very rich people are unpleasant and entitled individuals who think they can do whatever they want and assert their interests ruthlessly. They are seen as arrogant braggarts who drive flashy cars like Porsches and Range Rovers, often too fast. This is the common perception of the super-rich.

However, this weekend I learned that the opposite is often true. Very rich people who have built their own fortunes are often those who work especially hard on themselves, are curious about life and other people, and want to make a difference and change things. I have since confirmed this through my own experiences, as I have met many other entrepreneurs who have built their wealth on their own.

They are highly motivated, very disciplined, and able to take responsibility and make decisions.

The problem with rejecting and having negative beliefs about the rich is that we limit ourselves. We create an "us" and "them" mentality and automatically put ourselves on the side of those who are not rich, not successful, and cannot afford these things. The entrepreneur I mentioned earlier said something very relevant: "Why should an adult stop dreaming? Why shouldn't they create the world they want?" This conversation sparked something in me, and I began to dream again. I asked myself, "If anything were possible and money didn't matter, where would my dreams take me?" I realized that I had stopped dreaming at some point, and this answer gave me strength. I started thinking without limits and internalizing this attitude. These dreams did not distract me from what I had to do, but rather filled my actions and goals with meaning. They became my drive and motivation and kept before me what I wanted to achieve. I felt energetic and full of *joie de vivre*, and I suddenly became more creative in wanting to reach my goals in a different way.

## **Creativity**

Dreaming is a creative and visual act in which we create a reality for ourselves and add details without letting ourselves be influenced by real, limiting circumstances. This is pure creativity. Since this creative act of wanting to create something is so important, let me digress briefly on the topic of creativity.

Of course, dreaming is not the only thing that is creative. If we look at the level of action, every action is a creative act. To act means to do something new that was not there or present just a moment ago. In a relationship, a business, a script, dance, art - everything we do and everything we know and experience is, in some form, a series of creative, creative acts. Saying "I want to create something" really means "I want to change something. I want to make something more beautiful... or safer or more efficient or more sustainable."

At the root of all creativity is the desire to make an impact, to make a change. Embracing that desire to make a change is what creativity is all about. What I needed to live



creatively and make a change in my life was to find my passion and connect to it, to find that enthusiasm. It was that passion that sparked the desire to make a difference and create my own story. This desire became stronger than all the problems and adversities I faced.

### **Awaken creativity**

You can't just decide to be creative starting today. Before I even knew what I wanted to offer or who my target clients were, I had already started building my website. But I already had a clear driving force, my motivation. I wanted the independent life I had glimpsed and knew immediately was for me. That's what I wanted to achieve, and I subordinated everything else to it. By moving towards it step by step, my creativity grew, my visualizations became more commonplace, and my dreams more detailed.

They say that we are what we do, not what we lend ourselves to. That means it's more important to work a little bit every day on what's important to us than to have lots of opportunities or money and talent but not make anything of

it. That's why it's so important to make it a habit to live what's important to you every day. That way it becomes a part of us, and change can't help but occur. If I hadn't started thinking about what was important to me before my trip to Mexico, I might not have been receptive to what I found there. And if I hadn't brought my education, experience abroad, and professional experience with me, I wouldn't be able to do the job I do today.

Again and again, I found myself in unfamiliar, adventurous situations. I tried many things, left my comfort zone by living alone abroad and far away from my parents at a young age. Most of the time, I was on my own and had to overcome challenges, language barriers, and culture changes. The many small questions I answered opened my eyes and clearly showed me where I wanted to go in the first place. The external events were then just the complements, and even though some were very positive and even decisive, there were still very difficult moments. But I was ready for them.

This is why it's so important to stay on top of things and work consistently and consciously on what is important to

us and brings us joy. By practicing this daily, we maintain focus and continue to steer towards our goal. It's the attention and commitment to daily practice that ensures that creativity, the power to want to make a difference, remains and doesn't dissipate. Without practice, our creative thoughts, insights, and ambitions seem to literally blow away in the wind - nice ideas that go nowhere. Exercising them daily grounds us. It allows our ideas and ambitions to take root and grow.

### **Consciously schedule creative time**

Especially when we have a busy daily life, it can be hard to make time. For me, it helped to clarify my priorities. Because my desire to achieve my goals was so strong, it wasn't hard for me to make the time. Of course, the economic pressure and time constraints added to that. Some people may find it more difficult to set aside the necessary time each day. However, the truth is that no one will give you the time if you don't take it for yourself. A good method can be to set aside a fixed time each day to be creative and disciplined about your goals. You can internalize this like brushing your teeth after you wake up.

Make it a daily routine. The same diligence you put into daily personal hygiene, you should put into scheduling time each day for your creativity. This is essential for something new to emerge.

I usually had my creative phase in the evening on my couch with my favorite music, which put me in a trance state and allowed me to visually imagine my dreams. Realize that the life you are living right now is not something that is unchangeable, especially if you are not happy in it. Dare to dream, to imagine the life you want to achieve. And then you will take the steps that will bring you closer to that life.

For my parents' generation, life was settled. You got a job, started a family, got the gold watch, and retired. That linear life path is not the life most of us live today. Cause no longer leads to effect as it once did. Today, we often find ourselves in unpredictable chaos, moving through different jobs, professions, and relationships. Yet we can venture beyond the life we were born into and have built so far, into a life that we create ourselves, detached from limitations that we impose on ourselves and that are modeled for us by others. Especially if we are not happy in this life.

So I would encourage everyone to ask themselves this question: Am I happy in my life? Do I know my full potential? Am I earning enough to fulfill my dreams? Am I spending most of my day doing things that fulfill me? I myself, at least in this regard, had it easy. I had to come up with something, I didn't look for the change, it just came. It was only at that point that I began to shape my life. Who knows if I would have done that if I hadn't lost my job at the time.

A self-designed life looks different. My new friends and colleagues who are actually living this life properly, working, seem young even though they are over forty, and can enjoy life regardless of their age. They are more focused on where they are going, what's next, than where they have been. And things always seem to go well for them - although that doesn't fall from the sky, it comes from consistent, disciplined work. But when you're at peace with yourself, it's going to be inspired and seem easy.

**Energy givers and energy guzzlers**

The environment can either give us energy or drain us of it. The weekend with my acquaintance from the U.S. gave me an extreme boost of energy to push ahead with my self-employment. The world I experienced there was so different from what I was used to in my own environment that it wasn't too difficult for me to separate the two and decide what I preferred for myself. When everyday life returned afterward, there wasn't much of the motivation and inspiration that had captivated me that weekend. Instead, I had completely different experiences. Of course, I talked to those around me about what I was planning and what I wanted to do. Questions about my professional future kept coming from all sides whenever I met up with friends or former colleagues:

"Do you have a job yet?"

or

"Have you had any other job interviews?"

When I then told them that I was going to start my own business and found a consulting company for marketing and logistics, a lot of questions naturally came up.

"Are you ready yet?"

"You've been unemployed for a long time now and haven't made any money yet."

"You've sent out so many applications, are you sure self-employment is the right thing to do?"

"Where is the money going to come from?"

"What kind of offer do you have?"

"How do you find customers?"

"Do you trust yourself to do it in this age of Covid? It's not exactly the best time to start your own business."

So, first and foremost, I was met with skepticism and doubt. I received a few supportive words from a few

people, but I heard a lot of criticism and doubts. Of course, this didn't leave me unscathed and made me feel insecure. Above all, the doubts concerned my vision of being able to work from anywhere, of being self-determined and independent, being my own boss, traveling, and having my freedom. These were the values I had clearly defined for myself: freedom, self-determination, independence, and passion. I wanted to find the passion that I was burning for. However, others couldn't necessarily do much with these values and reacted with incomprehension. It didn't fit into their own concept of life, or it was something they secretly wanted, but didn't have the courage and faith to actually take that step.

So what should I do? In principle, I had two options. First, to give credence to the doubts, let myself be intimidated, and return to employment. That would bring me security, yes, but then I would never have dared to take the step of living out my dream. The other option was to simply take a risk and try to believe in myself. But I could hardly share that with people in my close circle, who constantly robbed



me of my strength with their criticism and spread insecurity.

So, I started to divide my environment into energy givers and energy eaters. I thought about the following question: who gives me energy and who supports me? And who tends not to?

I also learned to filter advice. I asked myself whether the people who gave me advice were qualified to do so based on their own experiences. Those who had firsthand experience with what they were advising on were more likely to be able to provide helpful advice, regardless of whether it was something I wanted to hear or not. These were the people I learned from. On the other hand, advice from those who had not personally tried what they were discussing was not as useful to me, stemming usually from their own fears, limitations, or fixed mindsets. I realized that everyone has an opinion about what I shared with them, which is their right. However, it was my job to filter which of these opinions and pieces of advice would actually help me move forward. This led me to significantly change my environment. I was open to

listening to advice if it came from experience and helped me, but if it didn't, I consistently cut it out and stopped listening to it. I began to end conversations or distance myself from people whose input was not helpful or even detrimental to my progress. Overall, I shared my ideas less and less, but continued to work on them silently.

Even though I still didn't always know how to proceed or where my journey would take me, I had just four weeks left to find a client and earn money for the first time. I didn't allow myself to think about the possibility of not making it and instead focused on meeting my deadline. I felt like I was on the brink of the unknown, but I kept working.

## **Challenge**

In the final phase of my journey, with only a few weeks of unemployment benefits left, I faced one last challenge. As

is often the case, a big challenge presents itself just before the finish line, and whether or not you overcome it determines your success. This was the case for me, and I found myself at a crossroads where I had to decide whether to stick with my plan or give it up.

It was the second to last month in which I received unemployment benefits, and I didn't know that less than a week later, I would get my first client. At that moment, my confidence wavered. I was on the verge of giving up, abandoning my plans, and returning to a regular, secure job. The voices of others telling me that the risk was too great echoed in my head, and doubts crept in. I didn't know where my journey would lead or where my customers would come from. My mother even advised me to at least look for a part-time job as a safe option. As a result, I found myself applying for jobs that evening, feeling a low point sending application e-mails after five months of intense self-employment.

## **Turnaround**

What happened next was unexpected, but it came at the right time after all the preparation I had done. Whether you call it a twist of fate or the universe moving in my favor, it arrived just in time. Only five days after sending out more job applications, I received a call from a company looking to hire me as a freelance logistics consultant for a two-month assignment. The company was a well-established player in its industry.

I had my first assignment.

Everything moved quickly from there, and I received the contract a few days later. I decided to focus fully on those two months and see what came next.

I really enjoyed working on the job. I was given a lot of responsibility, and the working environment and atmosphere were great. People got along well, and the contract was extended from two months to four, then six. I have now been working with this client for a year because

he is very satisfied with my work. At this point, I can say that I have achieved my goal of building my independence. After that, more offers and clients came in. Suddenly, I had achieved my dream. At the beginning of the year, I was in Mexico, working on my laptop on the beach with a beautiful view of the sea. I remember sitting there with tears in my eyes, wondering how this was possible. Just a few months earlier, I had been dreaming of this, getting inspiration from all the people around me, and now I was living it. I was able to decide for myself where I worked, and I met some people from that time again and realized that I had made it. I had achieved my vision and was able to live my values of independence and self-determination. That was even more rewarding than the money I was making, which was about five times what I had been earning as an employee.

I enjoyed the freedom and independence of being able to work from anywhere, so I stayed in Mexico for four weeks before flying to South Africa for two weeks. I also visited Ibiza, Paris, London, and Italy. I didn't have to ask for

approval for vacation time or worry about whether I could afford the trip. I could just go when and where I wanted. A highlight for me was being able to take my mother on a trip to Positano, Italy, which had been a heart's desire of hers since receiving her diagnosis. I didn't have to worry about the cost, I just booked our flights, hotel, and activities and enjoyed life with her without paying attention to our spending. One of the best moments of the trip for me was being able to extend our stay in Capri for two more days at the end of the booked time. I had complete freedom to do what I wanted and had my laptop with me so I could work and enjoy life with my mom. A year prior, I had been unemployed and at a very different point in my life. In the intervening time, I had summoned the courage and discipline to pursue my dreams and goals, and now I was reaping the rewards—and I still am. This journey has brought me to where I am today.

### **Four Keys**

In the 2 years since my resignation, I had applied four keys to turn my life around and connect with my inner desires.

These keys were honesty, self-criticism, allowing emotions, and gratitude.

### **1<sup>st</sup> Key: Honesty**

Being honest with myself meant asking myself who I am, what I can do, what I have already achieved, and what I really want. This was not all positive. I had to admit to myself my mistakes and character flaws, and one big area I had to work on was my last relationship. In hindsight, I realized that my partner at the time had been cheating on me with his best friend throughout our relationship. This was disappointing and hurtful, but I also had to recognize that I had contributed to the situation by having such low self-esteem and self-respect that I allowed it to happen, even though there were signs that I could have recognized. However, I didn't end the relationship. Recognizing my own role in this is not to excuse my partner's actions. He cheated on me, was dishonest, didn't stand by my side, was deeply frustrated with his own life, and deeply betrayed me. But recognizing my own behavior and mindset and being able to talk about it calmly gave me back some control because I wasn't just a victim of someone else's

actions. It was difficult to admit these things to myself, but it brought me a big step forward.

## **2nd key: Self-criticism**

Being self-critical and questioning a lot, including questioning my decisions, was the second key. Part of this was questioning my own reactions and behavior in order to better understand myself and recognize what was coming from within me and what was being triggered by my environment, such as a defensive attitude or dissociation. It's difficult to admit that you've made a mistake, that you've behaved wrongly, wronged someone, crossed a line, or been rude or impatient. Doing so goes against your ego, which feels much better when you can blame your mistakes and shortcomings on someone else. This is a common dynamic in arguments, where everyone accuses the other person of saying or doing something wrong and justifies their own actions as if their life depends on it. But change is easier said than done. It's very difficult to identify what is causing problems in our relationships with others or preventing us from reaching our full potential. To do this, you have to look at yourself and face what you see and feel.



This is a basic requirement for growth. How can we grow if we don't acknowledge our own weaknesses? We can't always feel great, or even above average. If you really get involved with yourself and allow yourself to feel and criticize yourself, the result can be devastating at first. Someone who looks in the mirror and doesn't like what they see feels shame. Many people are incredibly hard on themselves when they finally admit to a mistake or inadequacy. So, it's not surprising that they try to hide the truth from themselves because the honest look is too painful. My luck in these two years was that I couldn't afford to fool myself at all. I had to face what I wanted to do, and one of the hardest things was to face myself. Self-criticism doesn't have to lead to self-doubt, where you lose faith in yourself and start to doubt your potential when you have a goal. Instead, self-knowledge can be directed towards your goal and used to discard things that slow you down or hold you back, helping you to grow. I kept this goal firmly in mind and in my heart during this time.

### **3<sup>rd</sup> Key: Allowing emotions**

Allowing emotions was also a key part of my journey. There were many nights and days when I didn't know what to do, cried, and felt alone. I felt fear, despair, and sadness, and I allowed myself to experience those emotions. In retrospect, those very sad periods when I cried a lot were some of the most important days for moving forward and really wanting change. I learned that it's okay to cry, and that no one can be strong all the time. I consciously sought out those moments, listened to sad music, and cried out my sorrow with a cup of tea or a glass of wine. It felt cathartic and liberating. The next day, I felt much better and was able to allow my feelings again, which gave me greater access to myself and my true desires.

It's important to clearly recognize our thoughts and mental patterns, and to analyze how they shape our actions. However, it's also important not to condemn ourselves for them. Self-criticism is a way of taking care of ourselves and trying to protect ourselves and stay on the right path. The best way to deal with self-criticism is to use it to understand why we might be reacting wrongly in certain situations. When we analyze the entire situation, we can

find clues that help us replace negative reactions with better ones.

Having the mindset to learn from our mistakes and grow from them can give us the confidence we desire. We can recognize that weakness and imperfection are part of the human experience, and we can feel more connected to others who are just as imperfect as we are but are focused on using their weaknesses to grow. Because it's not about feeling better than others. Rather, others can help us feel safe on our path, can give us valuable input, and can inspire us.

Being able to allow and express our emotions requires a few key skills or abilities. Firstly, it requires self-love—being as understanding and compassionate toward ourselves as we would be toward a good friend. We often criticize ourselves harshly, which can reveal our fears of facing our own emotions. It's better to allow those emotions, observe them, and ask ourselves what needs to change in order for those negative feelings not to arise. This self-inquiry is key to personal growth.

Secondly, it requires acknowledging that we don't exist in isolation in the world. This means allowing ourselves to feel connected to others and to share our experiences of life, rather than going through life feeling isolated and alienated.

Thirdly, it requires mindfulness—being aware of ourselves and striving to act in a balanced and appropriate way, rather than ignoring or suppressing our pain. By taking responsibility for ourselves and showing understanding for ourselves, we can cope better with life's difficulties. Western culture often emphasizes being kind to friends, family, and neighbors, especially when they have problems. However, when it comes to ourselves, we may be more inclined to criticize ourselves or even find it absurd to offer ourselves comfort or understanding when we make mistakes or face setbacks. This attitude can rob us of an important coping mechanism for dealing with life's challenges. We should extend the understanding and compassion we allow for others to ourselves and allow ourselves to be emotionally touched by our own pain.

**4<sup>th</sup> Key: Gratitude and Mindfulness**

Gratitude was an integral part of my daily routine. Every day, I would write down what I was grateful for, and the successes I had, no matter how big or small. It was helpful to list three things each day that I could be proud of. Gratitude also included regularly asking myself if I really wanted what I was doing, and if it was benefiting me. Taking the time to reflect on these questions and listen to my inner thoughts strengthened my confidence that I was on the right path. I became more attuned to my inner voice, which I had previously been unable to access. This mindfulness was a crucial tool that helped me transform my everyday life and gain strength from it.

One change I made was to wake up an hour earlier each morning. I used this time for myself, focusing on reading, meditating, and setting daily and weekly goals. Meditation has been a valuable tool for me to visualize and focus on my future and what I want. It helps to calm the nervous system and reduce stress and anxiety. When we allow our thoughts to wander, it's natural for negative thoughts to arise that we might not want to confront. For me, one example was the thought, "What if my mother dies?" It's a

difficult thought to consider, but I forced myself to complete the thought process and confront my fear. The more I was afraid of a thought, the more I forced myself to think it through. This helped many things become more manageable and less daunting than I initially thought. It's said that before taking the first step, a difficult task can seem like a mountain. But when we start, it's just a series of individual steps. Thinking through these thoughts had that effect for me. Instead of facing a huge mountain of emotions and fears, I began to address them and work to overcome them.

## **Success**

When I reflect on the past year, I can say that I am successful not just professionally, but also personally. My surroundings have changed, and I have met people who inspire and challenge me to grow. I have a desire to engage with and discuss certain topics, and I feel confident in pushing my boundaries and continuing to develop. Every morning, I wake up full of energy and enthusiasm, looking forward to the day ahead as if it were my birthday. I feel this way every day, looking forward to work that has

become my passion, motivating and inspiring others to take control of their lives. Anything is possible, and it's okay to question the status quo. My work brings me joy as I continue to build on it, grow, experience new things, and piece together my life. Making the right decisions, including financial investments, is important. Above all, it brings me joy to live my values and ideas about life. I have also built a small company where I can delegate tasks to three or four employees, allowing me to focus on essential tasks. When it comes to money and success, I have learned that it's important to think limitless and prosperously, and to dream big.

Of course, just dreaming is not enough to transform present reality. But dreams give you the strength to do so. Throughout, my development and self-determination were the driving forces that helped me overcome all the difficulties, doubts, fears, and setbacks. They helped me take the necessary risks and repeatedly decide to make my dreams a reality. To maintain this driving force and continue growing, it helps me a lot to visualize my wishes and dreams every day, down to the smallest detail: where I

live, what I eat for breakfast, how I dress, my furniture, the color of my car, the plants in my garden. The more details I imagine, the more motivated I feel to achieve this goal. I feel this hunger and urge to make it happen and build it up. This great feeling of happiness helps me keep my focus on this goal and not lose sight of it. This is the life that I am creating, and that I have already created in part, and I want to continue to grow and fully enjoy and live this life consciously.

### **The longest relationship**

The longest relationship each of us has is with ourselves. We are constantly talking to ourselves in our own minds, and these internal conversations can be shaped. Our brains and thoughts are malleable, like a muscle, and we have the power to shape and train them to be more courageous, self-confident, and positive. Just as I used to train my body every day, I also trained my mind daily and will continue to do so for the rest of my life. That's why I decided to invest the most time and money in myself. Self-esteem is what drives us to develop and respect ourselves, and it determines how we allow others to interact with us. It also



influences how we communicate and assert our own needs, thoughts, and feelings. While many people derive their value from recognition by others, true self-esteem comes from knowing and standing by oneself, including acknowledging and accepting one's own flaws. It's about realizing that the only person we are accountable to in life is ourselves.

Having high self-esteem also means feeling comfortable in your own skin and accepting your faults. It also means accepting others' opinions for what they are and deciding which ones to take to heart. Self-criticism plays a significant role in self-esteem. Many people focus too much on their weaknesses and struggle to recognize their strengths, while others have an exaggerated, unrealistic view of themselves. However, true self-esteem isn't based on external factors like attractiveness, public recognition, or material success. While generally it is learned through interactions with parents when you are a child, I have learned that self-esteem can also be developed and improved, even as an adult. The key is to understand yourself better, including your strengths, weaknesses,

desires, and fears, and learning how to manage them. In order to change our flaws and weaknesses, we must first accept them. This acceptance should be unconditional, meaning we accept ourselves even with our mistakes, failures, and limitations. It also involves forgiving ourselves and not judging ourselves harshly. We should stop comparing ourselves to others, both positively and negatively, as we are all unique and on our own paths. We should learn to appreciate our individuality and embrace ourselves fully. This can lead to a gradual decrease in worrying about what others think, increased spontaneity and authenticity, and the ability to relax and show more of our true selves. By recognizing the path we are on and adjusting it to align with our desires and values, we can manifest the things we carry within us in our lives. In doing so, one becomes authentic. One can finally relax and allow oneself to show more of one's inner, true self.

### **Growth on all levels**

On my journey, I have learned that growth is possible and necessary on all the levels that make up life. The business level, the interpersonal level, love and partnership, the

emotional level, and also the physical and health levels. While my main focus was on the business level, I also recognized the importance of growth on the other levels. I was fully concentrated on growing and transforming my business during the 1.5 years of my unemployment. I applied the principle of creativity by creating something new and going into uncharted territory. The interpersonal level was also especially inspiring for me. By acknowledging where I was myself and knowing where I wanted to go, I was able to accept inspiration from other people in the first place. I received criticism as constructive feedback, and I didn't feel negative emotions like envy or inferiority when I compared myself to others. Instead, I was able to take the energy and drive of these people and replicate it in myself. This inspiration was my greatest motivation and it felt like a glimpse into my future. I felt connected to these people rather than feeling mainly the differences between us. This connection and inspiration helped me to grow and stay on track even in difficult moments.

On the relationship level, I learned that I need to be able to stand on my own before a partner can fully understand and support me and my needs. In my previous relationship, I was full of self-doubt and couldn't see clearly. Now, I am in a completely different mindset.

Next, the emotional level is the one that I have come to know very deeply during my journey to independence. I have realized that I was disconnected from my emotions for some time and didn't have access to certain parts of them. It wasn't easy or pleasant to deal with these emotions, especially given the setbacks and challenges I faced. However, it was these difficulties that allowed me to get to know myself and understand myself better. I allowed myself to feel again, including fear and doubt, and I worked to understand these feelings. This contributed greatly to my growing self-confidence. Many of the actions I took to get to know myself better, some of which I didn't fully understand at the time, all fit together to form a complete picture.

Finally, my mother's illness made me realize how closely the mind and body are connected and how an imbalance in

one can affect the other. A healthy mind and body are mutually dependent. I have never felt my own development as seriously and interestingly as in the past 2 years. I used to think that you get to know yourself best when you travel alone, but now I believe that it is the choices we make and the paths we take that shape us. Today, at 30 years old, I feel that I have finally gotten to know myself and I am curious about the future and the dreams I will fulfill. I used to think that I had to "arrive" in life, but now I understand that it is how we choose to live that will define us.

I am happy to receive a feedback or a personal message from you on social media.

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