

**RISE UP AND SHINE – Episode #65: Centering Self**



**FULL EPISODE TRANSCRIPT**

## **Ashley**

This is Episode 65. Centering Self. You're listening to the rise up and shine podcast with Claudine and Ashley as an empty nester and a mom with young kids, we have both shared very similar and very real struggles. From chaos to coaches, we now help other women live an authentic and meaningful life. So tune in weekly for girl talk and tips on how you too can rise up and let your light shine bright. This is the rise up and shine podcast.

Welcome back everyone here is Claudine and Ashley, today we are going to be talking about centering ourselves. Now especially coming off of last week's episode, we wanted to follow up with this topic, because this is a great tool to help us kind of feel more in control when we feel out of control. You know, when there's so much going on a lot of worry, a lot of anxiety, we talked a lot about our mental health. And so being able to learn specific skills and strategies to be able to center ourselves, to help us in our day to day, especially when we're feeling overwhelmed, bogged down, stressed out, you name it.

## **Claudine**

Scattered?

## **Ashley**

Absolutely. What can we do to center ourselves? This is a goal that we all tend to have for ourselves, but many times we just don't know what to do. We don't know, how do I do that? How do I just calm the crazy in my head. I know, I've felt that many, many times feeling like I just can't quiet down, that the rumination and those thoughts going on in my head, kind of feeling out of control with our emotions, you know, a lot of different things. But today, we really wanted to focus on centering self, because this is going to help every single one of us to when those moments do come those stressful times when we do feel out of control emotionally. And even in our own minds. You know, these tools, these practicals are so crucial and are just so powerful, to help us to be able to recenter ourselves to a place of calm and stillness where we want to be.

## **Claudine**

Yeah. And it's good to make sure we differentiate between centering self and self centered because I know so many listeners may be thinking, well, that's not very Christian to be self centered, right, which is when everything revolves around you. And that's not what we're talking about today.

Today, we're talking about, practicals, like you said, when we're feeling off center, which includes all those emotions in that chaos and self criticism and procrastination. So we're going to look at tools and tips to help ourselves get centered within ourselves, but not be self centered, which is, you know, like

thinking only about ourselves, right? But there is a time and place where we do need to get centered. It's kind of focusing on what we value returning to that, and not all the voices and demands outside of us because there can be so many, especially as a young mom, like yourself, or even myself, in the midst of lots of change, moving, helping my children move grandchildren, all that there's so many forces outside of myself that demand attention, and it can get very chaotic and I can do all kinds of things. But when I get back to the center of myself, and what I value, it's truly important. It helps bring the calm.

### **Ashley**

Yeah, Claudine, I really loved how you worded that, I mean, bringing ourselves back to what we value, because that's the thing that really gets out of our heads. You know, I mean, we're not focused, we took our focus off of what we truly value. And it's like we're left scrambling, we're left scrambling to try and keep things together. But really, it can come down to a simple thing as we took our focus off of what we truly value and what is truly important. And it's hard with the hustle and bustle of the everyday you know, I mean, I know that even one very simple thing when I don't wake up early and give myself that quiet one hour to myself to just start the day and to start it off right and quiet, to myself.

### **Claudine**

Did you say quiet again.

### **Ashley**

Quiet again is the biggest thing right I value my quiet time. But if we don't do that, and I learned for myself I don't feel like I can keep up the whole day. If I don't have that time, if I wake up when the kids wake up, I've learned over and over Gosh, I'm just scrambling, and I'm not focused, and I can't keep up. And I'm, I feel behind I feel behind, especially with having younger kids still, and a house to take care of. And so even that one simple little thing can really help with starting off the day, feeling like we're ahead of it, you know, kind of ahead of the game, rather than just always trying to catch up all day long. And then you go to sleep, and then you wake up and you do it all over again. Yeah. And that's where that chaos can come. That's where we can feel that chaotic. sense of, like, that's where we can really feel the chaos in our own heads. Like we're trying to keep things in control. Yet in our head, we could just feel so out of control. Yeah. And then a lot of times what we do, we might cope. Right, we might cope with things. And then that, in turn makes things even worse, because we it gives us that short feel good, you know, feeling for the moment. But then, overall, we're not getting our things done or feeling rundown more, and we're just not, we're not putting the focus on the things that are really important.

## **Claudine**

Right, right. Yeah, when we're out of center, we don't trust ourselves. It's like we can't connect with those things that we truly value in our true feelings. I mean, I think for myself, sometimes I can get so caught up in what other people think, or what other people expect from me. And it doesn't mean that we aren't going to meet other people's needs. Because certainly as moms, that's one of our greatest things. And we both value that obviously, we want to be the kind of moms that take good care of our children. Right? That's something of value. Right? And be great wives, and hopefully, you know, do that as well. So there are outside needs. But when we get pulled and pushed in directions that don't align with what we truly value. That's where, for me the chaos and the disconnect happens.

## **Ashley**

Yeah, absolutely.

## **Claudine**

So Ashley, let's talk about some practicals. For me, I kind of did an ABC thing, it was kind of funny, I started thinking things that helped. And it kind of ended up in an ABC thing. But I know there's many other things that don't fit into a simple formula.

But I'll start off with so for me, it's an awareness, I can tell when I'm off centered, when I start feeling really scattered when I feel overwhelmed. And then when I feel completely unmotivated, like I just get stuck, right. It's that stuck feeling like I don't know what to do next, or there's so many things I need to do that sometimes I just pick something entirely different. They're not on the needs, like you know, yeah. It's like, Oh, I have to finish watching this show that I started out. It's just the coping. coping, right, right, because that's easy. I don't have to engage my brain. I could just go okay. But then what it leaves is it leaves more self criticism right after that. It's like, Oh, I should have done a, b and c. Instead, I went and did M which has no value whatsoever to what I'm trying to accomplish. Is it just an awareness like, Okay, this is where I'm at right now. I'm not centered, I'm off center, I'm off balance. I'm not feeling calm and peace. So just the awareness, we talked about that a lot.

A second, a practice that really helps is just stopping and breathing, breathing, just taking a few deep breaths, it doesn't have to be half an hour, but just a minute or two of stopping, slowing down and breathing deep, deeply, can really help. It shuts down the anxiety part of our automatic nervous system, and just calms us both physically, emotionally, mentally, and then one.

**Ashley**

Right, breathing slows down our heart rate. That's what happens when we start feeling really chaotic, our brain is on, you know, hyper vigilant, and it's on that fight or flight mentality yet. And so, you know, you're constantly getting that that flush of adrenaline and cortisol and your heart rate goes up, right? Because we're just frantic.

**Claudine**

Fight, flight or freeze. I think I tend to be in the freeze.

**Ashley**

Yes. Sometimes I do. I go back and forth between the flee and the freeze, I realize. And that actually kind of goes into the breathing because sometimes with anxiety, we can catch ourselves holding our breath, not even thinking about it. Completely unintentional, but it's I'll feel light headed all of a sudden, and it's, I'll remember, oh my gosh, I'm not even really breathing. I'm catching my breath a lot and writing and just did not even realize. But that is one of those things that is just so instinctual that our brain does because we're under so much stress, or we're overwhelmed or feeling anxious. Yeah. And there's a lot of great breathing techniques that you can look up as well. That really help. One of my favorites. I'm drinking gonna share briefly one of my favorite is nostril breathing. And you use your pinky and your thumb. And you take turns rotating, you know, with your thumb, you plug up a nostril, with your pinky, you kind of close off a nostril, right? So basically, as you breathe in and out, you're rotating and look that up, it is so incredibly powerful. That is the one strategy that has actually really helped me calm my body and my brain to calm and breathe, right, you know, breathe well and slow down that, that flood of that flood of hormones and my heart rate, that's the one that's proven, but there's so many out there, you know, to look up, so highly recommend that.

**Claudine**

That's a great one. I haven't practiced that one. So I do a 4-5-6 breathing, that's really helped me and I have a resource for that on my website. But it's so powerful, these breathing exercises to help us just be still and get centered. It's powerful, powerful work.

**Ashley**

Very much so.

## **Claudine**

Another one for me is C, choose your focus, which again, there's one, we can only focus on really one thing at a time, truly focus. And right now I'm focusing on an ant crawling all over my computer. Getting off centered here, but let me deal with the ant. Okay. I Oh, I dealt with the ant. Sorry ant. Yeah. Anyway, so choosing our focus, and this really comes back to what we value. So we have to figure out first what we truly value, and then we have the ability to concentrate. Without deep concentration, our mind will be our master rather than our servant. And you and I talk a lot about that, you know, our minds, we have the power to control our thoughts, we have the power to captivate our thoughts and to think about things that are true and noble and right. And those are the things are going to help us get where we want to be. And so it really is about choosing on what we're going to focus on. It's powerful. And then right.

## **Ashley**

Go ahead. Okay.

## **Claudine**

Then my last one is, uh, don't, don't be don't ruminate or let negativity rule, right. And we do that so often. I think as women, we can ruminate over situations over circumstance of things we've said on things that have been said to us. And we just go on and on and on in our head. And we let negativity rule and then we are completely off centered, because we can't right? Because that's in the past when we're thinking about negative things, or we're ruminating, it's already in the past, and then we're staying there. So therefore, we're no longer present. Because we're in the past thinking about something negative or something we wished we could change. So don't the D for me is don't ruminate or let negativity roll.

## **Ashley**

Claudine that's great. Exactly that that is most of it. Right? What is going on in our heads? Because again, as we talk about a lot is our emotions are a by product of what we're thinking about. And what is that our focus, right, what are we focusing on? And that has been a huge one for me, and that I help my clients with is where is your focus? What are you choosing to focus on? And it is sometimes it feels like we're not in control of our thoughts. But that's because we haven't trained our brain to be in control of our thoughts. I mean, it never even occurred to many of us, right, especially before we learned all this stuff, right? We were going through life, having no idea that wow, I can really control what I'm thinking and yes, you actually can and you feel your emotion will follow suit suit with whatever you're focusing on. And it could be we focus on other people, other people's needs, which is not necessarily a bad thing, but it can become to the extreme, especially for some of us, codependent types. It could be deadlines,

we could be so focused on deadlines, which again, is not a bad thing, but it can control us to a point where it can be unhealthy. Again, the what ifs you mentioned that a lot of the what if this happens or what if that and what if, you know really our circumstances we really can allow our circumstances to take hold of our life and basically dictate our thoughts and our emotions. Again, the negative self talk like you said, right? The rumination, I am Queen of ruminating. Very much so I can create all kinds of stories in my head and negative talk. And you know, and we've mentioned before the things that you say to yourself, would you say to your best friend, would you say to your child, would you say to your parent, would you say to you know what, like, why do we say these things to ourselves? But we wouldn't say it out loud to somebody else. Well stop saying it to you. You know that was something that really helped me, wow, I can, I can stop saying these to myself, right. And I can stop saying these to myself. And again, it takes that conscious effort to choose what we're going to focus on. And I wanted to read the Scripture, Claudine, that is in my life, and I want to share with our listeners, and we know the Scripture, but everything that I've learned, and you've learned, and what we talked about here on the podcast is scriptural, right? I mean, there's so much science that backs scripture. Yeah. And this one was extremely powerful, because it really brought the practical aspect, it just, it made it make much more sense, you know, in a practical way, because a lot of times we could read something you're like, Oh, that's so nice. And it sounds so poetic, but right, it actually means like, actually do this. This is quite powerful.

So Philippians 4:8, and we know that's when I'm going to actually read the New Living Translation it says, and now do your brothers and sisters one final thing, fix your thoughts. There you go. Fix your thoughts. That implies you have the power and the control over your thoughts on what is true, honorable right pure, lovely, admirable think about the thing about things that are excellent and worthy of praise.

Keep putting into practice, all you learned and received for me. So that again tells us that we have that power right now need to make that conscious choice to practice these things in our minds. And everything you heard from me and saw me doing, then the God of peace will be with you. And that's really centering ourselves, right to feel that sense of peace, right, and to align ourselves with what truly matters. And as Christian women, God is the center, right, right is the center and where our values come from, and our perspective should be coming from. And that's what we want to strive for. We want to strive to have that control over our thoughts, and to focus on those things. Because then you're going to feel the product of that, right, you're going to feel at peace, you're going to feel centered, you're going to feel a sense of calm. And those are the things that are so important. And they these practicals is we're sharing these are the things you do you know, to reach this state of a centered self. I think, you know, when life just get so crazy, and we all tend to do it. We all do well for a little while. And then we kind of fall off the wagon a while and then we get back on. But doing these things and being conscious and intentional. It's just so powerful, you know, and you're just gonna feel so much better.

## **Claudine**

Yeah. Yeah, I'm glad you pointed that out. Ashley because it's Christian women. You know, Christ is our center, right? I mean, that's the value we hold dear is really it. it for me. And I know for you, it shapes everything else we do. And everything that we believe in is right coming from that Christ centeredness.

So even though we're talking about centering ourselves, if that's our core value, to center our lives on Christ, it influences everything else. And I mean, it takes for granted. I think that, you know, every morning I start off with a time of reading and prayer, and that helps center my thoughts, like you're talking a lot about thoughts and that we have control. Well, that's what I choose to center my thoughts on every morning, which then I induced to center myself for the rest of the day. And we didn't put that in as a practice because I think most of us practice that. But for those that don't, it's a great opportunity to spend those early morning minutes. You know, that alone time, that quiet time talking about to really pray to really meditate on God's word, and let that speak to us. That brings all the peace and calm that I could ever want. It's those mornings when I'm too rushed or don't get up in time, and try to get off on my day on my own strength that usually I get way off centered real quick. Easy, simple and seems obvious. But we need constant reminders. I know I do.

### **Ashley**

Mm hmm. Oh, absolutely. That's why alarms are great. Right, setting little alarms on your phone. Oh, Ding ding. Yeah. So Claudine, that also goes into that quiet time in the morning, to wake up before everybody. And actually recently, my husband and I were just feeling disconnected again. And so I decided, well, I got to wake up early again, with you like maybe twice a week before work. So we can just have that interaction have that positive interaction before he heads off to work. And we start our day, because I realized when I don't, when I don't have that time with him in the morning, I feel insecure in our relationship throughout the day, because I've been so ingrained in my brain that I've been programmed or conditioned, whatever term you prefer to use. But to think that there's, you know, we're so disconnected. And is he upset about something or, you know, I can get in that head, I just get in my head and just ruminate on these things. And nothing even happened. Nothing happened. Just the fact that we had no interaction in the morning, my brain instantly thinks something's wrong, something's wrong. Isn't that crazy? But that was my codependency all these years in our marriage. And so I'm still training my brain. No, everything's fine. But we realized, because we just went on a weekend away together without the kiddos, can you believe it? So we actually talked about that. I said, Yeah, I know, for myself, when I don't have that time with you in the morning, I instantly think something's wrong. And that, like not even consciously, it's just, that's just what pops up. And I had that feeling of disconnect from him. Yeah, he upset at me about something or it's so silly, but it's actually it is real, it actually happens. And so same thing, if we don't start our mornings, off, quiet, praying, processing, you know, through what we have to do for the day, or even how we're feeling how am I feeling as a mom? How am I feeling as a woman like, how's my heart doing? My heart doing what you know, and actually be aware, as you mentioned, that is so key to be able to just accomplish this sense of centering, you know, that calm, place of peace that we want to be.

And I also wanted to share one more scripture that was actually right before Philippians 4:8 and the message version, this is what happens to so many of us why we feel this lack of peace, and why we feel like we can be out of control in our minds and in our hearts, and just kind of being run by our emotions is a worry, you know, we can get so worried about things right, especially as a mom, you know, I mean, all of us worry about things for sure. But just for me personally, I know it did not. Like when I became a mom that just went over the top like I had so much more worry, you know, yes. Now I'm responsible for

these little like, my husband can, he's fine, he can take care of himself. But now I have these children I need to care for. But this scripture, the message version just was it. It kind of opened the eyes of my heart, like I just had such a deeper understanding of why I get myself to this place of anxiety. And this is exactly you know, it's worrying. And so this scripture has really helped because so many times we try to control things. And right, we can't, there's so much that we can't control. We can't control our children. I mean, let's just face it, we just can't control our children. We can't control their husband, we can't control their crazy drivers on the road. Right? You know, but in our mind is like we want to control.

So in Philippians, four, six through seven, again, this is the message. It says don't fret or worry. Instead of worrying, pray, pray, let petitions and praises shape your worries into prayers. Letting God know your concerns, like let God know everything you're feeling. We don't have to have this filter. When we're talking to God, you know, sometime right? Like we have to come to God and we have to be all put together and our words have to you know, articulate well and know I mean, just cry out to God let him know everything, all your concerns, all your worries, and before you know it a sense of God's wholeness. Everything coming together for good will come and settle you down. Like Hello. Yeah. Let's talk about centering ourselves settle you down. Right. It's wonderful. What happens when Christ displaces worry at the center of your life and that goes again to what are we choosing to focus on. So our focus, we need to fix those thoughts. And not on the negative to try to reshape, you know, be positive or not focus too much on other people's opinions don't ruminate, as we said, don't, you know, get don't go down that rabbit hole of the what ifs, right, or, you know, the what ifs is a very dangerous road. And of course, there are times where we do need to be prepared, right? We need to be ready prepared for things, but most of the time, we worry just to worry. Yeah. And it, it doesn't help us one bit.

### **Claudine**

Well the ruminating is looking backwards, right? The negative self talk is looking backwards. And the worry is looking forward. So even when we're doing that we're not present, right? We're not present. Where God wants us to be in the present. And it's so true. I mean, I pray all throughout the day. I mean, sometimes it's just 10 second, oh my gosh, I really need help here. Or what was I thinking? Help me remember, I mean, constant prayer, like, not worried about how it sounds. It's just when you get deep into that relationship, you just show up like, right, we don't put on pretenses when we get together in our sweats or whatever, you know, we just come as we are right. I feel like prayer we come as we are. But even when you were sharing about your marriage, you know that story that's it shows what you value that you value connection with that person and that so right and so when you get centered on that, like, Hey, I value this, I want to focus on this, then you can come up with practical because we do have to find ways to help get centered and help you reach those goals to keep us there. Keep us in that calm state keep us not overwhelmed, not procrastinating. I mean, that's I tend to get there. I tend to get overwhelmed. I freeze. I procrastinate. Right, yeah. And it starts a vicious cycle. Great stuff. I need to practice some of this today.

## **Ashley**

Oh, is an everyday thing right? Just to be intentional. And exactly what you said Claudine being present. I mean, it is so hard for us to be present. We're so stuck in the past, or we're so focused on the future. And I'm not talking about future goals and dreams those are great, awesome. Have at it. However, the worry exactly the worry. And that's where that rumination, again, can happen as well, we can just focus and create these stories. And I've done this, I know many of us do this. When we are maybe we need to deal with a conflict with somebody or we need to have an honest conversation with someone, we could play the story on our head of how the conversation is going to go as if it's happening in real time. Right? Right. I mean, we can play is okay, I'm gonna say this, but then they're gonna say that, and then I'm gonna say this and then, and then the conversation is not gonna go the way I want. So many times I have talked myself out of dealing with a situation or even sharing my feelings on a situation with a friend or with my spouse or my family. I have talked myself out of it, because I said, I played the story. I played the entire conversation, both sides in my head came to the conclusion of how the conversation is going to end. And they'd be like, Oh, it's not even worth it.

## **Claudine**

Right? Oh, my gosh,

## **Ashley**

I just won't even bring it up. I actually did that last week. And then I had to come up with reasons because my husband asked me about it. So did you have that conversation? No. And then I came up with reasons why. And I justified why I didn't. But did it go away? No, it's still in my head, I really need to have that talk. I really need to have that talk. It's still bugging me. And it's it's not allowing me to be centered and present. Because now I'm worried, again, about this conversation that I should have had that I talked myself out of. Because of the stories we create in our head. So being present is so important. Because we I mean, this is real time. This is where we live, we don't live in the future. We don't live in the past, we need to live in the future. And a lot of that takes being still right you still and know that God is God. like God take control of things. There's so many things that we are not in control of. Yet we have this false sense that we are in control of it and it's just not the case. And so I'm going to go through a few things as well. claudin that great practicals that I've used. You already talked about breathing. Breathing is phenomenal. That is a basic but it's so crucial and your physical self is really going to thank you for it. You know you can be focused on your breathing that is being present. You know that is really taking initiative to be present in the moment. Another thing is being out on nature going on walks, I try to go on a walk every day. And when I do, it just, it helps my brain Calm down, it helps my mind just not ruminate. And actually, it helps me process my thoughts. I'm not saying don't allow yourself to be in your head, but process in a way that's healthy and helpful and not ruminate on the negative, you know, and also the journaling that helps, right, we've tried many times about journaling, that could be making a list. So one of the things I've done is I make a list, I divide the paper in half, you

know, one side, I write what I can control. The other side, I write what I cannot control. And putting that down on paper out of your head is so powerful because it gives you perspective. And then it gives you things Hey, what I can't control. That's my prayer list. Right? That's what I can pray about in the morning. You just give it up to God. And another term that we've heard that I know you have a different term is a brain dump, right? That and you call it a thought download whatever you want to call it, just get those thoughts out of your head and put it down on paper. It is extremely powerful. And wake up early to already talked about that. Right. That is huge. getting adequate sleep. Exercise is really important and exercises moving your body just helps. It helps with the breathing it I know for me even personally, it has helped me with anxiety. It's calmed, my anxiety and I can breathe. Well, I can breathe. Like I said, Sometimes I catch my breath. I can breathe properly, and it does. When you exercise you are focusing on your breathing. That's right. I think about exercise. Water. Again, we talked about water a lot and our relationships, right? If you feel disconnected, then just reach out, reach out to a friend. You know what I do I wake up in the mornings like this is five 5:30 in the morning, ladies, it is not like okay, six 6:30.

### **Claudine**

That's what I call the middle of the night, I call that the middle of the night.

### **Ashley**

It is 5 o'clock in the morning. But it goes back to Okay, I recognize I became aware when I don't have this interaction with my husband in the morning. I feel so disconnected. And think about even with God right how easily we can be disconnected with God if we don't have that touch with you in the morning. Yeah, and or a friend. Right now we can feel very disconnected and insecure in our friendships perhaps because we are kind of forced to be disconnected, we can't really go out and we're starting to a little bit more I think we feel it's a little bit safer. And we're cautious and everything but make sure you know just don't get in your head and feel insecure in your relationships. Just reach out, send a text, make a phone call, you know just have that touch with your your friends. And then simple things like music. I like to listen to music that helps me feel empowered, or even like meditation, music just helps kind of calm my brain down. And I recognize and if our listeners really recognize when you start feeling that sense of anxiety or worry or feeling out of control, then I know okay, I might need to switch to meditation music I need to slow down my brain. Yeah, I don't need to hype up my brain and listen to Megadeth or Metallica. Candles, good sense, right? Like diffusers, those kinds of things. Those things are something that's like a nice little enjoyment to have around the house and you just kind of feel good a little bit. It just helps kind of bring you down a little and kind of helps calm. So those are some of the things that I wanted to share that have been extremely helpful. And really the nature the walks is another great one because it gives you time just of silence. It gives you time to be out in nature. And there's just a connection with nature that my husband and I took our kids camping. And I remember I was really deep in anxiety at the time. And when we went out and we hiked in about two miles camps for a night. I kid you not I couldn't think of any one thing that was making me anxious when I out there. Yeah, my brain

was so calm and so at peace just looking out over the lake. I just I couldn't even think about what was I still worried about. It was it was magical. I never want to leave.

### **Claudine**

I love the getting out in nature because we can really multitask there. We can be walking in nature. We can be praying, we could mean you know, working on our thoughts. We can do so many things all at once, right being still stilling our mind. So it's a great one. It's something I need to start. You know, I almost went walking this morning and I thought oh, it's just a little chilly. I mean, it was probably 52 I'm sure there's people in other places. They're like, wow, 52 It's so warm. But for me

### **Ashley**

That's what we do. Right, Claudine and we come up with a reason not to. So many reasons.

### **Claudine**

Right. And I really need to start that for many reasons. But even that centering practice every morning just to be in nature to walk, to pray, to center my thoughts, and get a focus on what I want to accomplish for the day. So you can ask me about that later this week asked me how my walk is going, but. Well, that was a great episode on centering self on learning ways to practice to overcome anxiety and overwhelm and just feeling off kilter, which we all do. Well, we wish all our listeners a centered day, may you find what you value and focus on that. Until next time.

### **Ashley**

Alright everyone, thank you for joining in on our conversation here on the Rise Up and Shine podcast. If you haven't already, please take a second to hit that subscribe so you'll never miss an episode and while you're at it, share this episode with a friend who you know it can bless today. If you wanna visit us as well on our websites, you can catch Claudine over at [claudinesweeney.com](http://claudinesweeney.com) and Ashley at [mindoverchaos.com](http://mindoverchaos.com) our links are at the description. We also have some free resources there for you as well. So remember ladies, no matter what you are facing in life, it is never too late to rise up and shine and live your best life.