

# Thursday, 21 January 2010

## On Your Road



My trip to America is about many things: rediscovering my independence, experiencing a gorgeous new community I can get involved in, meeting people, living in the countryside, doing a film internship, reinventing myself after the worst year I've had in my life in 2009, having fun, going on The Big Road Trip in a pickup, writing, and doing as many other types of creating as I could.

I'm pleased to report that all of the above seem to be going well so far. I've learnt not to pile too much pressure on myself to achieve goals (I have them, yes, but too much stress to reach them isn't good); I'm getting better at fooling myself, fooling my *mind*, that achieving dreams is easier than it seems.

Making your goals, dreams, ambitions -whatever you happen to call them - so enormous means your mind gets overwhelmed; it begins to think it's impossible to reach these theoretically "better" places you've painted for yourself. By all means have these places in your head, in your heart, but enjoy the journey to get to them. Take your road step by step.

My brain, like many people's, seems to have this nasty habit of telling me I can't do things. That I'm not good enough. So I'm giving it a re-training exercise for 2010. I'm beginning to get good at, as I said, *fooling my mind* into believing that whatever I want to do, I can.

This is not an easy task, especially when you've got such an over-active imagination as mine. It fights me all the way, the bugger. But I've found that making achievements feel casual at first, helps me a lot. It might do you too. I'm not undervaluing the things I've done - such as making a new home in California and starting a new novel (four chapters written since I got here...whohoo!) - but making them appear to be no problem...to be *do-able*...helps persuade me that, well, they *were*. That they weren't so big and scary, after all. Then, in a quieter moment, when I have a chance to think, that's when I let myself really breathe out, smile, sing and laugh at what great things I've done and am doing.

And, on this trip so far, I've learnt that it's only *me* that can tell myself *I* can achieve my aims in life. As you should do the same, for yourself. Take help from people where ever you can, of course, that's important, but when it comes down to it, there's only *you* to rely on. And, don't forget, *you're* amazing. Wink.