

There is something to be said about anyone who wakes up one day and realizes the mess they've made of their life. Something more is said when the person begins to make a conscience decision to change the things that got them where they are. It's not easy by no means. It takes determination, strength, and steadfastness.

Most of us didn't get this way overnight. Therefore, we can not expect to be reformed overnight either. It's progress not perfection. Easy does it. One day at a time. I've heard these said many times, but I'm only now grasping the concept of "living in today." Let alone accepting it's not about fixing anyone else, it's about me.

I work a program of honesty. It's not always one I want to work but one that is necessary for myself to make it. I can't tell you how to get to this place, but I can tell you what worked for me. I work the 12 step programs, Celebrate Recovery, and I am very involved in church. I am accountable to others & that helps too. One thing I've refused to do is lie to myself.

My own opinions of myself, the things I done kept me bound in the chains of guilt and shame. By the time I realized this I had no self worth, hate filled my heart; unforgiveness premeated me to the depths of my soul. What a sad & self destructive place to be.

However, today, I free. Though I'm incarcerated I walk free on the inside of myself. You know I'm grateful for everyday I have spent without my independence because had I not landed here I may have never found true freedom.

4/4/11

Motivated by LOVE

What motivates you today?

Upon pondering that question I've come to the conclusion that I'm dutifully motivated by one thing today: love. I am well aware of the fact that love means different things to different relationships & associations. Moreover, people use the word freely without the depth of the emotion being real. After so much hurt, I decided it was time that I love intentionally & on purpose.

I'm motivated to love people that I have been harmed by, and well as often as possible accept love from those I myself have harmed. I know that loving myself had to become a key factor as well. It's strange revealing myself to the world this way but there will be good that comes from it.

I've got to admit that over the past few years I have come to know the levels & depth of love. I also understand that it's not easy to open ones heart or life to love because it means running the risk of being hurt. You'll never know love with doing so.

People we love will fail us. They will hurt us. It's how you react to their failure or their hurt that will make the difference. You love them INSPIRE OF! More than anything you don't give up on them.

Love motivated several people to continue to be beside me & cheer me on even in my dark days. It caused me to see that true friends don't care what you do for them - they want you well.

6/17/11

JUST A NOTE

Yeah! I'm finally up & running! Now I do know that some people may not like what I put up & that's ok. I only ask that those who read what I write respect what I'm doing. This is not a place where I would use my pen to harm anyone. I just want a platform to tell my story, share my days, etc. From time to time I'll post artwork done by my father or my self. More than anything I'll write. I'll place my poems and songs up too. Just takes time. Of course I've got some to do. (LOL)

I thank you in advance for any comments that are left for me & to all you that visit & share my blog site with someone else. My god bless & keep you each.

Truly
Frances

So I got Motivated by Love!

A best friend who would go to any length for me help me to see what it means to be loved until I could love myself. Thank you so very much Anthony. I'd rope the moon for you, but you are already the sun in my life.

An old school cat who encouraged me to see beyond the time I was doing to a future where I will be able to look out for myself. (Without doing illegal things.) Thank you CB for my encouragement, love, & devotion. You Rock - Rock!

To so many others who dedicated time to teach me how to allow God to change me - I applaud you each. You know who you are: that's what counts.

A kindred spirit, soul mate, & so much more taught me what it means to love unconditionally and to believe God for every word He speaks. My rib, belongs to you - thank you! James, you changed me for the better.

Love on many levels. Motivated by love to be better, do better & live better. So I'm motivated by love today & always.