

# Align With Your Truth & Do All The Damn Things You Need To Do

[BY KRISSY VANALSTYNE](#)

Do whatever the f\*ck it is that you need to do in order to stay in alignment with your own truth.

Seriously.

Whatever the f\*ck it is.

Do all the damn things you need to do.

Say no, and stop showing up.

Maybe it's a say "yes", and start showing up someplace new.

Let that person down, and show the world that you are not here to live up to others' expectations and instead, honor your own.

Walk away from anything, anyone, or any situation that feels heavy in your being with no explanation given.

Just go.

Bye!

***We need not explain anything if that is truly what feels "right" inside our being.***

Challenge all the notions that this is "bad" or "unloving" or whatever the hell people say.

The only "bad" or "unloving" part at all is dishonoring these

notions when they arrive for us to honor.

Do you.

Speak up when everything in you is screaming no no no no no – this has to change, and that isn't right.

And speak with conviction.

F\*ck you. No thank you.

Feel every single emotion and feeling that surfaces, completely and fully – regardless of what anyone thinks or how someone may encourage you to change your state to have you believe you “shouldn't” feel that way.

You do feel that way.

So, therefore, you should.

Because you are.

Act on that notion in your being that's suggesting you do something, change something, move somewhere, or do a damn thing that keeps repeatedly showing up asking you to do it, even if it doesn't make sense to.

Do it anyway.

It will make sense eventually.

Trust.

Surrender.

***Let the universe guide us to where we are meant to be.***

***Starting with right here, right now.***

Whatever you need in this very moment to honor your truth, no matter the judgment that may arise in self or in others that encourages us to live a lie.

Honor that truth anyway.

No one else, no matter how much we may want someone to, will be able to honor our truth for us.

We do not need them to.

Nor do we need their permission to honor it ourselves, either.

Don't like me?

Cool!

Don't agree with how I feel or what I need to do?

Extra cool!

I don't need them to.

And neither do you.

We just need to love ourselves enough to honor everything that comes up in us.

Today.

And every day.

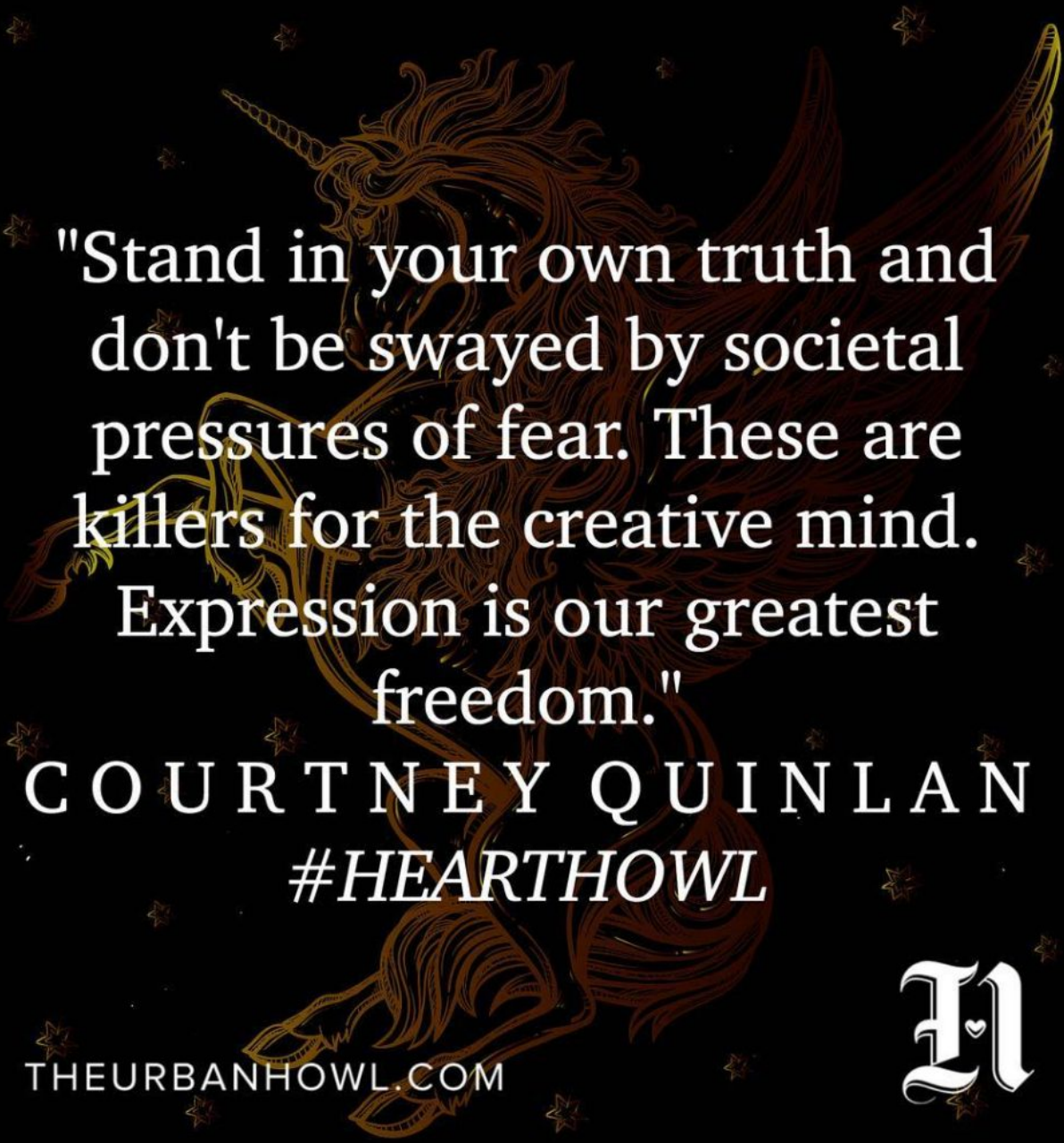
*For more self-study, [The Urban Howl](#) recommends [The Inner Voice of Love: A Journey Through Anguish to Freedom](#) .*

*Sip a little more:*

***Get The F\*ck Out Of Your Way – You're Not Just Here To Admire Others Doing Big Things***

***Settle Down Little Sparkle, It's Okay To Not Be Shiny All The Damn Time***

***Don't Let Anyone Unworthy Of Your Heart Dull Its Shine***



"Stand in your own truth and  
don't be swayed by societal  
pressures of fear. These are  
killers for the creative mind.  
Expression is our greatest  
freedom."

COURTNEY QUINLAN  
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