

It Is Time To See That You're Worth Way More Than What You've Settled For

BY KRISSY VANALSTYNE

How willing we are to move away from the comforts of misalignment will reflect how ready we are for what is waiting for us that is completely in alignment.

With our heart.

With our truth.

With our body.

With what we are ready for – and are claiming our readiness by saying no to what isn't and moving away.

We often stay in spaces that provide comfort to us in some sort of familiar way, yet don't feed our souls anymore. We accept people into our lives and into our bodies, that ask us to lower our vibration because we aren't fully aware of just how high of a vibration we truly are.

We sometimes want more from people that we chose to stay with – but they can't offer it – and we stay chained to the impossible, with fears too big that keep us from facing the unknown.

What if the unknown was where all you ever thought possible is waiting?

Well. It is.

So how willing are we to move there?

And live there.

And sit through the pulls of going back to what we knew.

I mean, come on – we've been there, done that, and we know it doesn't feed us anymore, so all we have to do is just f*cking sit still in a space of discomfort and not move backward while it happens. The pull will shift from backward to forward if we are brave enough to hold onto and feel all the bullshit that comes up, asking us what we really want in this life.

What do you want?

If we want more we have to move more.

If we want more we have to be brave more.

If we want more we have to say "f*ck, no" more, and release that which we cling to in fear of losing what we know.

We only lose when we stay in what we know and let fear hold us there.

We are scared of our truth.

We are scared of our greatness.

And we surrender to the fear of comfort instead of the fear of change.

Is it time to break the pattern?

Is it time to *not* let another year, another month, another week, another day, or another moment dull your shine?

Is it time to see you're worth way more than what you've settled for?

Worth more than what you have known and have become way too comfortable in?

Is it time to do that thing or meet that new person or simply lean into all that is blocking you from those experiences that are undoubtedly calling to you?

Tomorrow is never guaranteed. Yesterday was only second best to today. But today is where we are, and where we are now is where we are able to make the change.

Let this be the permission, the push, the invite, and the love you need to feel that which encourages you to take that step in the direction you know deep down you are meant to be going.

May this be the stepping stone for your feet to land safely and show you the way you are being pulled.

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For more self-study, [The Urban Howl](#) recommends [The Desire Map: A Guide to Creating Goals with Soul](#) .

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[What Is Meant For Me Will Not Make Me Feel Like A Maybe](#)

[Dear Healing Hearts – This One Is For You!](#)

[Take Your Priceless, Magical Ass Off That Discount Rack – It Doesn't Belong There](#)

I believe that life is measured in
our ability to feel; the deeper and
the more raw the feelings, the
more authentically we're living.

Zoe Quiney

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