

Turia Pitt

Here's the gist of my story:

In 2011, I was a mining engineer, living my dream life in the Australian outback. Then, while competing in a 100km ultra-marathon, I was caught in a grassfire.

I was choppered out of the remote desert, barely alive, with full-thickness burns to 65 percent of my body. I lost seven fingers, had over 200 medical procedures, and spent two grueling years in recovery.

Surviving against overwhelming odds, I've rebuilt my life and defied every expectation placed on me.

I remember this day in the hospital, about a month after I'd been burnt:

I'm trapped in the intensive care unit with a tracheostomy, covered head to toe in bandages, tube going up each and every orifice to empty contents and replace fluids.

I'm high as a kite on pain medication and a nurse comes into the room. She busies herself at her wheelie-table. Big bottles of fluid are snipped open. Crinkly packages are ripped open. Latex gloves are snapped over painted fingernails. She proceeds briskly in my direction and methodically starts shearing through my bandages with her shiny scissors.

Snip, snip, snip.

I feel the thick bandages fall away from my damaged skin.

The smell that hits me is vile, and I see the nurse recoil as well. I'm whipped out of my high and into reality. My legs are bloody and clotted and revolt me to my core.

So, how did I get from self-hatred and loathing and revulsion to a place of self-love?

That's a big question! I tackled it with the crew inside RUN with Turia this week- sharing a few strategies and tips for getting started with your self-love journey, but I wanted to share one small insight with you too:

"I change best by feeling good, not by feeling bad."
That's a quote from BJ Fogg.

What does it mean? Well, let's say you want to start a habit of waking up earlier in the morning.

Ok? Great!

But, if you start beating yourself up every time you sleep through your alarm, telling yourself that this isn't going to work and that you're stupid and lazy... well, that's not gonna do anything except make you feel like crap.

I'd rather you focused your energy on congratulating yourself every time you do go to bed a little earlier, and every time you do get up when the alarm goes off.

Focusing on those small wins helps you to feel good. And that's a place that change can happen from.

So, if you're looking for a way to start your self-love journey, start by celebrating small wins.

In fact, I'd love you to start right now.

Can you share a small win from your week with me?

-Turia