

HOW TO LOVE
YOURSELF AND NOT
BE INFLUENCED BY YOUR
BIOLOGICAL CLOCK



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Love Yourself and Not Be Influenced by your Biological Clock

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Introduction

Hey ladies, are you right on time with your timeline? What timeline? Come on, you know the one. The one that you heard when you were little that says that you're going to graduate from college, start your career, get married and start having children all by the time you're 30. That's a lot to do so we better get on it!

Wait...you're not on track? It seems unreasonable? That's too much to do in your twenties when you've got the rest of your life to do it? Wow. I was so sure that that's what we were all following...Who made that timeline up then? That's so crazy. You're right though. No use to being tied to an imaginary timeline that isn't feasible anyhow. The world isn't the way it used to be. There's less of a rush to grow up and have everything in order as soon as possible but somehow still a lot of pressure to do it. We all start to get a little nervous thinking that the older we get the less chances we have for those things that can't be taken lightly. Sure, everyone comes straight out of high school and is expected to go straight to college and know what they want to do and go into debt for it but who are you really at 18? We like to think we know but there really isn't a way to know who we'll become and how we'll turn out. For some of us, our future selves might say "I'm glad I waited and followed my own timeline". Per the title, this short book definitely won't be about beating yourself up for the things you haven't done or done yet. It's about finding a way to recognize your path and be happy you're on it.

Ch. 1: It's a Journey, Not a Race

Despite the way it comes to us, that little tiny voice in our heads telling us we might be worth more if we had more, did more, looked better, it comes when we least expect and at the worst times. Even if you know your self-esteem can be better or even have you have a good level of confidence, sometimes we get shaken up. Especially in this day and age with new technological advancements every day, we feel like we're moving ahead as a society and connecting all over the world. Oddly enough, at the same time, we're moving backwards when it comes to connecting each other socially. With social media in play and the opportunities to see the day to day lives of people who make a living off of looking glamorous and carefree, we tend to look at our own lives in dismay. When you see people the same age or younger than you doing seemingly better than you, you start to think, what have I been doing with my life? Social media platforms such as Instagram allows users to edit and use filters on photos so that they look better. Snapchat has face filters that clear the skin along with adding make-up and face shaping effects. We can't help but show off when we take trips or go to the beach or have a night on the town or even when we enjoy some Starbucks on our way to work. With so much access to everyone's lives and the capability to share across networks, when we're on social media it's hard to escape even a little bit of envy. We see our friends and family in happy looking relationships, their baby's first steps, the pictures from the weddings, the graduation photos and of course they all have perfect captions. We look at these events, these milestones as successes. It's part of the American dream, as it were, to start a family, own a house and be or even just seem happy. We become ashamed when we feel we have nothing to show for ourselves. We spend too much time measuring our success by others while also measuring against that mystical biological clock that's ticking away at us.

As much extra information we get through social media, we still pick and choose the best parts to share. We forget that everything is usually edited, touched up, and manipulated before it hits our eyes. We also forget that the person posting is posting only they want us to see. Pictures and videos can only really capture moments. How many arguments have been behind cute relationship photos captioned "#baegoals"? How many baby photos are taken in between the crying and tantrums? The wedding

photos might look beautiful but even Kim Kardashian was only married to Kris Humphries for 72 days.

We know that the bigger and better things don't come without hard-work and usually hard-work just isn't as attractive as the finished project of the journey to get there.

Yes, there are optimal ages to get certain things done. Children learn other languages better while they are younger. However, it doesn't mean that you still can't learn a new language as an adult. It takes more work, more practice but it can be done. It's easier to start a sport younger as well and though professional athletes retire seemingly early, in 2016, Oksana Chusovitina, currently the oldest Olympic gymnast at age 42 decided she just wasn't done and competed in her seventh Olympic games. Just as it goes the age for having children, there is an age at which to do it that may be best but not the only time you're allowed to do it. There's no window of opportunity when you view life as listless opportunities. I went to college with a woman trying to get her degree at 70 because she wanted to start on a new career path.

The pressure put on us is unnecessary, unreal, and unreliable. More than anything, if we rush what we think we're supposed to do, we miss out on that time to learn and explore. Perhaps we want to change careers or go back to school. Perhaps we want to see the world. Perhaps we don't want marriage and children. Whatever the path, we set the pace. We no longer have to be at the beck and call of what seems like the voice society has given our bodies and lives. The influence of it, however, is strong enough to make us worry somehow that we're not going to make the imaginary deadline. To further release the hold on the world's voice on us lies in our own self-care and self-love. Our happiness is ours to grasp, not anyone else's and no one else can give it to us.

Ch.2 Loving Yourself

How often do you pay attention to how you speak to yourself compared to how you speak to others? Often we're our own harshest critics. When we see those pictures on social media, when we make mistakes, when we feel we've failed, we tend to undermine our good character with less than kind words. It's not often that we think about how important a kind relationship with ourselves is. It's just as, and maybe even more, important to keep in touch with ourselves and our own health and wellbeing. Who is always there for you when you need them the most? Who sees you through all your dark times and your best? Who will have your back no matter? We never think of ourselves when we get questions like this. We think of our role models, our parents, our mentors, our spouses and significant others but it's a different kind of love that you give yourself.

My mother once told me "life is failure". It was her way of saying we all will and do make mistakes and it's an important part of our lives that we do. Learning to accept your failures requires a love and understanding of self. Even learning to love yourself will come with a degree of failure as with anything. It's not as easy as it seems. Self-care and self-love go hand in hand. Just like with any relationship, we do more for the person we're with. We show them our love and affection in any way that we can. We make sacrifices and compromises to keep the relationships going and going well. A good relationship with yourself is no different. When you're being good to you, you speak differently and don't criticize yourself as viciously. You impress yourself, trying and treating yourself to new things. You keep your body and space clean because it just feels better. You might eat better because it's what you deserve. You become open to all that life has to offer you outside of what anyone else wants to tell you. We often underestimate how much impact our attitude has on our outlook on life.

When we stay positive, the world is positive. We can turn what feels like missed opportunities and love lost into less permanent situations. Some things just may not be

meant for us or meant for us in the moment that we want it. When we think we have failed, we can turn those moments into life lessons that allow us to do better next time.

As we navigate through adulthood and gain the confidence to trust in ourselves as much as we tend to trust others, we can begin to see how different our paths are from others. We can see that our paths may not even look like we think they will but we can trust that our path is made and meant for us. We can learn to say maybe I haven't met my dreams or goals yet but that doesn't mean I have to let them go. There is always time if we make the time. After all, Taraji P. Henson didn't start acting until she was 31.

Be patient, be a little selfish, find yourself and then you'll find the time to make your life the stuff of your own dreams.