The Comeback Is Bigger Than the Setback

December 28, 2017 By Lisa Vento Nielsen

I keep writing this blog post and deleting it and then redoing it. There are things that I guess are better off left unsaid but sometimes in not saying the things, it eats away at you or at me - it eats away at me so I had to write it, feelings be damned.

As this year 2017 draws to a close, I have to believe that the comeback will be bigger than the setback. What do I mean by this?

Have you ever met people who have been through the wringer? Like widowed with 3 young kids and needed to make it and turned around and got themselves through school ALONE and became a powerhouse attorney type of comeback?

I know some people who have done these types of things and I just want them all to write a book on how the hell they did it. As I sit here, post breast cancer plot twist having lost my job and trying to work on my own comeback, I want to have some guidance, some roadmap so to speak of how to do this.

I am standing and kicking butt and taking names, applying to jobs, managing my family life with a renewed focus on ME, my husband and my kids. I had been pulled in many different directions lately stemming from the needs of other family members and I had to stand up and say, “NO. Enough. It is now time to do what I need to do for me.”

In my life, I have been the caregiver for many, many people. I have been the person who keeps it all together. Who makes sure everyone feels welcome and well and, well, I am DONE. I am writing this more for me than anyone else so if you are confused already, sorry. This is a note to me to remember that I matter, that my health, well-being, sanity and time are all precious and important. That I am a good person who cannot get lost in being a people pleaser. I have 2 children not 10.

I promise to keep putting me first—to stop trying to be the superwoman I have been acting like again. It is so hard to let go of bad habits. It is not my responsibility to care for everyone. I have to be focused on my small family, our home, our life and let the rest go.

This does not make me a bad person—it makes me ME.

My New Year’s Resolutions are unique this year—I did not make any last year except “Survive,” and this year I want the same thing but with a bit more.

1. Survive—keep on keeping on in my training to be a survivor. Keep exercising, eating right, keeping myself positive and on track.
2. Letting Go—know that I cannot hold on to the pain, the hurt or the betrayal but instead need to stay light, lighter than air to do what I need to do.
3. Work—find my next step, my perfect job/income generating plan to make my life work to be able to stop having so much free time but to balance it with my kids and family.
4. Health—See, survive is for me, health is for the other members of my family. Remove all sugar, get us all on a workout routine, stop my husband from smoking and other destructive habits (sugar, no exercise, etc.).

What do you want to do for the upcoming year? What did you find were things you had to let go to survive? What do you know about your comeback? What is your comeback?

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