



Continue Taking First Steps

By Linda Nwumeh, Medical Student

Transformational Times: Do you have a new year's resolution that you can share with us? What inspired you to choose that? How is it going so far?

"You only truly fail when you give up."

To most people, this phrase is another tired platitude said reflexively in response to an expression of hardship. But I find it extremely motivating as I pursue my resolution for 2023: Continue taking first steps.

I have a bad habit of starting — and then stopping — things that are good for me. Last year, this was the case with establishing a consistent exercise regimen, going to therapy, writing, and undoubtedly countless other things. I begin doing things that nourish my body and mind, allow the inertia to carry me through for a while, and then after an inevitable need to temporarily prioritize something else, I struggle to restart these beneficial practices.

So, by reminding myself I have not failed unless I give up on retaking these first steps, I have hope and a renewed desire to continue. Although we are only a few weeks into 2023, it seems to be helping. I am back in therapy, and I am taking advantage of opportunities to write. There is still room for more consistency in my exercise regimen, but 2023 has only just begun and I am committed to restarting as many times as it takes.

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