

But Also
By Julianna Avery

Wright Now Play Later: January

Prompts: Gabe Macedo, "Am I renovating myself every few years or am I discovering new parts of myself?" & Amy E. Witting, "Renovating half my body with steel."

This is the year. This is the time. I am going to let go of all my preconceived notions, all the societal pressures, and I'm just going to accept myself. This is my body. It is perfect and healthy and fine. But also, I want to be sure I'm taking care of myself. I am going to eat right, maybe join a diet plan, count some points, lose that ten, twenty, thirty pounds that's been bothering me. But like, just for me.

I am going to stop caring about how I dress and what my hair looks like and just be ME. If that weirds other people out, that's their problem. They're shallow. But also, I want to get up earlier and have more time to get myself ready and looking good because that makes ME feel good. I'm going to buy some clothes that cost more than \$50 and become one of those fabulous old women with a closet full of vintage things.

I'm going to stop trying to do shit that I can't do and that doesn't make me happy just because it's trendy. Suck it, SoulCycle. I'm going to be authentic. But also, I really should give yoga another try. Because it's not just for your body, it's for your spirit, too. And the outfits are good.

I am going to let go of all the anxiety and the burdens and the expectations and live in the moment. I'm done feeling like I'm not good enough. But also, I want to make sure that I keep growing. I'm going to learn French, get a better job, read a book every week. But no pressure.

I am going to give myself license to be unsure. To look around and say, hey, I don't belong here. I'm not sure I majored in the right thing or took the right job or moved to the right city. That's ok! That's fine. Life is about the journey, not the destination. This is the year that I accept that. But also, if I don't like where I am, I'm going to try like hell to change it. I'm going to get my Master's. And I'm going to tell my boss I think he's an asshole. And I'm going to move to a new city.

This is the year that I stop trying to make someone love and accept me. Maybe I'll never find a partner. Whatever. I can do it by myself. I have great friends. I have an awesome dog. I can have kids by myself if I want to. Or not. I can travel by myself, I can volunteer, I can make meaningful contributions without being a part of a couple. But also, I'm not going to give up on the concept of love. I'm going to join a dating site, I'm going to ask friends to set me up, and I'm going to talk to strangers in bars. Because love can happen to anyone at any time. You just have to remain open to it.

This is the year that I give myself license to be happy. To just enjoy the things that I have. But also, I really have to get my shit together and figure out what I want. I will make peace with myself. But also rage against the dying of the light. This is the year that I stop fighting. But also come to understand that you can never stop fighting. I will realize that I am perfectly, profoundly whole. But also irredeemably broken.