

T H E
PIVOT
YEAR



365 DAYS TO
BECOME THE PERSON
YOU TRULY WANT TO BE

BRIANNA WIEST

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T H E
P I V O T
Y E A R



3 6 5 D A Y S T O
B E C O M E T H E P E R S O N
Y O U T R U L Y W A N T T O B E

B R I A N N A W I E S T

T H E
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Y O U T R U L Y W A N T T O B E

B R I A N N A W I E S T

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A woman with long, wavy brown hair is sitting on the ground in a natural setting. She is wearing a black, long-sleeved, ribbed top and dark blue jeans. Her hair is styled with loose waves, and she has a gentle smile. The background is blurred, showing outdoor foliage.

Brianna Wiest

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D E D I C A T I O N

*For the ones who dream of greater things—
step, and the path will appear.*

INTRODUCTION

I hope this is the year you change your life.

Not in the superficial way. Not in the way of moving things around on the surface and wondering why nothing feels much different underneath. Not in the way of conformity. Not in the way that aligns you most closely with all of the traditional emblems of success, the ones that leave you smiling beside your accomplishments but feeling so pinched with guilt and regret.

I hope this is the year you change your life in the ways you have always secretly wanted to. The year you discover those quiet dreams that have lingered for so long are actually echoes of parallel lives, sister stories asking you to tell them, to leap toward them, to move them out of your mind and into a touchable, physical reality.

I hope that this is the year that you change your life in only the way you can, with the power only you have. I can't do it for you. The words can't do it for you. They can only encourage and guide you like an old friend, a message from far beyond and deep within. I hope you focus more on what you feel between the lines than what you see on the pages. I hope each day makes you take pause and contemplate what invisible, third door of possibility you may have missed. I hope you are not afraid to go inward, the space from which your entire life is born.

I hope that this is the year you stop dancing around the perimeter of who you intended to be, of what you came here to do. I hope that this is the year you learn to defy what's reasonable and build sense in a world of your own design. I hope that this is the year you discover that the floor does not only hold up if you remain where you are standing—with each step you take, and wherever you may go, it will rise to meet you, as it always has, as it always does.

I hope that this is the year you realize everything—every last thing in your life—will happen with much more ease if it is in alignment with your soul's true intent. I hope this is the year you begin to unearth those truths from inside of you. I hope that this is the year you find the boldest, bravest kind of courage. I hope that this is the year you walk fiercely into the life that was always meant to be yours.

Within you lives a great vision for your life, quieted over time by the world.

It is once again time to listen.

It is once again time to live.

—*Brianna Wiest*

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DAY 1

The courage with which you enter today will become the fate that you meet tomorrow. *Will you continue to replay the memories of yesterday, or will you meet the moment and make the most of what is in front of you now?* Not so that you might force your will upon your fate, but arrive fully into each moment as it's presented to you. Not to build a clean, one-line story, but to create a mosaic of experience—ever-forming, ever-evolving, ever-unfolding, as what's within unravels into reality, revealing at last the fragment of the universe that came to be known through you at this exact time, in this exact place, in this exact form. You are exactly where you need to be. This is the perfect day to start your life again.

D A Y 2

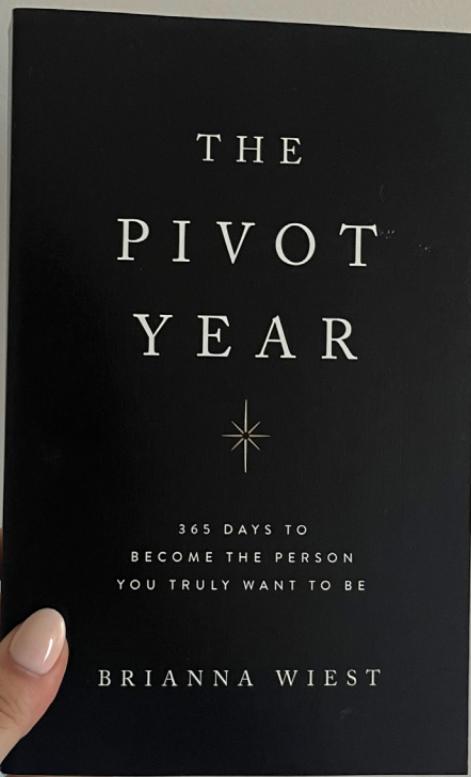
There is great power in not knowing. Not knowing what is next, not knowing what to decide, not knowing how you will make it to where you know you want and need to be. Every given moment contains within it doorways of opportunity, and when you choose to walk through one, you make realities available to you that were once invisible. When you do not know what is next, you enter the realm of infinite potential. Instead of trying to plan your life so safely and so succinctly, you can begin to plan for the moment, the joy, the journey. Instead of living on autopilot, you can learn how to continuously meet the ever-changing, ever-possible *now*. When you finally admit that you do not know what is next, you enter the golden vortex—the space between everything you know you’re meant for and anything you had previously imagined to be.

DAY 3

One day you will realize that happiness is not what your house looks like, but how you love the people within its walls. Happiness is not finding success by a certain time, but finding something you love so much time itself seems to disappear. Happiness is not thinking you have earned the world's approval, but waking up each day and feeling so at peace within your own skin, quietly anticipating the day ahead, unconcerned with how you are perceived. Happiness is not having the best of everything, but the ability to make the best of anything. Happiness is knowing you are doing what you can with what you were given. Happiness is not something that comes to you when every problem is solved and all things are perfectly in place, but in the shining silver linings that remind us the light of day is always there, if you slow down enough to notice.

D A Y 4

Self-protection is learning how to take a pause between what you feel and how you react. When there is no awareness between what you perceive and the way that you respond, anything can control you. *Practice the pause.* Widen the space between what you sense and what you do about it. Decide what's worth your energy, because what you engage with is what you empower.



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DAY 5

There are two rivers running through us at all times, one that carries all the voices of the world, and the other, a single voice that stands alone—the voice of our inner guide. The first river is so strong, steady, and constant with its instruction, guidance, and forewarning; most of us live mindlessly being pulled to each milestone, each thing we were told to reach for, to move toward, to achieve. Eventually, we look down and realize our hands are empty. Our lives were woven together by a storyline we didn't write. As we lose sight of our inner compass, a fog is cast over our awareness of the moment. We become saddled with confusion, indecision and uncertainty. We become incapable of leading ourselves because the two rivers are shouting over one another, tempting us with virtues, and repelling us with vices. Over time, we become consumed by the stiffness of trying to be what we are told, existing in contrast to the soft, effervescent truth living deep inside. Despite how loud that first river can become, we can always hear the quiet call of the second. Our lives begin the day we choose to follow our inner knowing, even while hearing, at times heeding, the collective knowledge of the first. The first realization of wisdom is the recognition that there is truth fragmented everywhere, and to delineate the two rivers into wholly good and wholly bad is to deprive ourselves of the depth and beauty that our hearts are truly trying to bring about. The journey is not about abandoning one in favor of the other, but knowing when it is time to listen, to hear, and to follow each.

D A Y 6

You cannot desire what you do not already contain. Desire is a projection outward that is proportionate to potential inward. There are so many possibilities within this world, so many things to hope for and to aspire to. There are so very many things one could want, and yet, it is a very specific vision that awakens you on the inside. There are very few things that excite you in a way that makes you nearly uncomfortable with your wanting of them. Desire is so integral to who you are, it is part of you even if you are not conscious of it—even when your ego chooses to shield you from your awareness of it. What you are waiting on is your own willingness to accept the mountain you must climb in order to pull those desires out of the deepest parts of you and create them in the world you already inhabit.

DAY 7

Maybe you don't need to find more energy, maybe you just need to find a dream that makes you actually want to get up in the morning. Maybe you need to find something that gives back more than it takes. Maybe you need to stop trying to be good at the hundred things that do not light up your soul, and finally choose the one that does—the one that asks you to risk, to lay your heart bare, to try again, even though you're scared. You're not failing because you're not motivated. You're not supposed to get far on a path that was never yours to walk.

D A Y 8

You may believe that living life to the fullest is seeing every country in the world and quitting your job on a whim and falling recklessly in love, but it's really just knowing how to be where your feet are. It's learning how to take care of yourself, how to make a home within your own skin. It's learning how to build a simple life you are proud of. A life most fully lived is not always composed of the things that rock you awake, but those that slowly assure you it's okay to slow down. That you don't always have to prove yourself. That you don't need to fight forever, or constantly want more. That it's okay for things to be just as they are. Little by little, you will begin to see that life can only grow outward in proportion to how stable it is inward—that if the joy is not in the little things first, the big things won't fully find us.

The Pivot Year

by Brianna Wiest

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D A Y 9

Whatever pain you think you are in right now cannot begin to compare to the peace that will one day come over you. It cannot begin to compare to the joy that you will one day know. You will fall in love with life again, and it will be better than it was before, because you will become a different person. You will become someone who is more capable of appreciating what matters, who will not be as reckless with their choices, who can no longer be so easily swayed or mindlessly trusting. You will require a new level of integrity within your life, which will transpire into better boundaries and a more stable foundation. You will strengthen in the most unexpected ways, and from that, your happiness will be even more sincere, even more apparent. This will not happen overnight, though it will seem like it did in retrospect. Like the changing of a season, everything shifts slowly until all of a sudden, you are standing firmly in the after, in all you feared would never come. You're through it, but you're different, because something also moved through you and cleared out what you didn't even realize was standing in the way.

D A Y 1 0

The journey is not how you place down what's weighing on you, but how you learn to stop picking it up. Not when you decide to stop, but the strength of your resolve not to begin again—with the habits, the people, the thoughts, the behaviors that you know can only lead to your own self-destruction. It's how you release your familiar unhappiness, how you decide you've outgrown the emotional crutches that have soothed you and distracted you and held you when you most needed it. How you move forward is what you begin to reach for in their place.

D A Y 1 1

You do not have to be grateful for everything in your life. You do not have to be grateful for what you survived, for what you didn't know, for the lessons learned too hard. You do not have to be grateful for the unfairness, to live in a world that does not value dignity the way that it should, a world that has lost its soul. But even in the midst of the storm, when you stumble upon a glimmer of appreciation, I hope you will hold onto that. I hope you will know that it is as real as anything else. I hope you will offer it as much attention as you can give. I hope you will remember that silver linings foretell of the light of day that will come. I hope you will know that just because you are not grateful for all of it doesn't mean you aren't grateful for any of it. I hope you will allow yourself to contain more than one truth—that not every phase of your life will tell the same story. That not every piece of this existence will flow congruently to the last. That more is possible, even if the past did not show you that it is. That our greatest dreams and our deepest fears may coexist, and the existence of one does not negate or lessen the other. That the very moment that you honor where you are with complete surrender, you open to the next experience life wants to offer.

D A Y 1 2

Heal your relationship to the now, to the moment, to the liminal space in which your eyes can contract and see fear, or expand and realize that you are one particle in this massive daydream, and without you the fabric of the world would not hold the way it does. Release yourself into the dreamscape, and follow your heart's deepest calling, as it is leading you to the actions that will continue to weave your life into the story of humanity. Without you being here, nothing—not one single thing—would be precisely the same. You are an integral, irreplaceable thing. You came here to do what only you can.

D A Y 1 3

You tell life *what* you want, and life tells you *how* to get it. When you ask for soulmate love, you must listen if life says, *but not with them*. When you ask for prosperity, you must listen if life says, *but not like this*. When you ask for belonging, you must listen if life says, *but not here*. What feels on the surface like rejection is often redirection. When you ask for a big life, you cannot keep fighting for a smaller one to stay.

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THE PIVOT YEAR

DAY 33

If you do not know what to do next, it usually isn't because your next step is far out in the distance, but rather right in front of your feet. You are being asked to stop gazing outward and start looking inward. You are being called to rebuild yourself at this exact moment. If you do not know what to do next, it is not because you need to seek more answers, but rather, accept the ones you've already been given. If you do not know what to do next, it's time to learn to be in the answered prayer that is this very day. It's time to learn how to use what you already have, and be as you really are. It's time to stop waiting for some future scenario to bring your dreams into the light, but to dig them out from beneath your fear and begin. Truly begin.

DEDICATION

For the ones who dream of greater things—
step, and the path will appear.

THIS IS THE YEAR YOU
CHANGE YOUR LIFE

If you're in a pivot period—if you're still bridging the space between where you are and where you want to be—remember that the person you're becoming is already within you. The journey is convincing your mind to act consistently on what your heart already knows it wants to do.

The Pivot Year is a book of 365 daily meditations on finding the courage to become who you've always wanted to be, from the internationally bestselling author of *101 Essays That Will Change The Way You Think*, *The Mountain Is You*, and more.

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