

I HATE THE COLD

By Conor Walsh

I will be totally honest with you all, I really wasn't sure what to talk about this week. I'm pretty much on track, not much has changed, and I'm not sure what I can keep talking about. Harrison may be onto something about doing it bi-weekly. Technically I didn't write a blog post last week, but that's because I said everything I wanted to say in the podcast (which you should listen to, if you haven't yet!). After some thought, I decided I wanted to talk about one thing, but turns out it all stemmed from something else, which we will get to.

I've said this before, and I'll say it again, but I HATE THE COLD!!! I freeze and shut down. I'll tense up when I'm cold, and it really does a number on my overall comfort and mindset. It is not a fun experience by any means. I greatly prefer the warm weather. I thrive in spring and summer, and I enjoy the fall when it's still warm. I feel I can get the most done during those periods. The sunlight and the warmth motivate me like nothing else. I would much rather break a sweat than freeze.

Now, working out and being active helps to warm up, but before and after, I am constantly chilly. My house is naturally cool. That's great for the warmer months, but not for right now. It's hard to feel motivated to do anything, let alone this challenge, when I feel like Leo DiCaprio at the end of Titanic every second. But my issues is not the cold that is my problem, it's my will.

The cold is merely an excuse. It's so easy to combat this. I don't like turning up the heat because I don't want to raise the bills, but I can put on more layers, I can drink hot tea or even just hot water. The issue is more my will to fix things. Often, I'm finding, I'm using the cold as an excuse to wrap myself up on blankets and just watch Star Wars. Now, yes, some down time is necessary. It's how we refresh and recharge, but I've been letting the cold be my scapegoat to be lazy. I tend to do that- I tend to find scapegoats to explain why I'm not doing something, while in reality, it's all on me. I'm working hard to come to terms with this understanding. If I want something so bad, I'm going to need to do it. I've said for years, if you want something, you have to do it yourself because no one will do it for you. And as I have always mentioned before, I'm awful practicing what I preach.

Hence why I am here doing "That First Step." It is all about accountability and building self-determination. This has been quite a reflective time because doing these challenges helps to narrow in on specific things I could improve upon. It helps to channel who I am and who I want to be. I'm thankful for this opportunity, and I plan to keep moving forward with potential.