

Why this website/journal?

Why do I keep this website/journal is something I've been asked a few times since creating it, and in fact something I've also asked myself once or twice.

The main reason – to keep track of my progress, to have something to refer back to when I need to; to help when times are getting a little tough.

What I write and say on this site (and in the forums that most of these writings are taken from) is at times sometimes personally embarrassing or emotionally painful to write. But I still put my thoughts on “paper” from time to time and I am putting them out there publically.

Why put embarrassing or painful writings out in the public domain? Because in sharing my thoughts over the time I've been writing them down, I have had many comments about how inspiring my story is to others – to the point that I know of at least two people who joined Slimming World and one who rejoined, in part down to my journey. I've also had comments such as below in the past:

*“Your story was very inspiring!! Thank you for sharing it - it certainly helps the rest of us when we are having a bad day or just feel like no one else understands what we are trying to achieve!”*

Comments like that, and hearing how inspiring my story has been to some makes any embarrassment or emotional pain in writing and publically sharing my story and thoughts worth it. If my words only help once person out there, then it's worth it - I get to keep track of my progress (and in my old age – the memory is starting to fail – and if this is what I'm like at 35, then goodness knows how I'll be at 40+) and I get to hopefully help others out in the process. None of which can be a bad thing in anyone's books.