# What it Means to be the Best Version of Yourself and Mastering Your Destiny

The problem with the world today is that so often, it encourages conformity. We measure ourselves by rigid standards that are set by other people and ultimately decide whether we are worthy based on the opinions of someone who has no idea what it may be like to walk through life in our shoes. The opinions of people who don’t understand us often shape our own image of who we are, and tarnish all that we might accomplish based on biases that make achieving our dreams more difficult.

It isn’t right to believe that we are less than we are because somebody else told us so. Only we can choose our destiny. When we give other people the power to judge us and allow their opinions to shape our opinions of ourselves, then nothing good will come of it. We can become so depressed and unmotivated when we are living outside of our own integrity. Allowing others to shape our destinies is something that can destroy our happiness for the rest of our lives.

There isn’t a secret potion that we can drink one day and suddenly turn into the person that we want to be. Becoming the best version of yourself takes time and dedication; practice and determination. We have to be comfortable with the process; with looking inward and learning how to take baby steps so that we don’t fall right back down again. One of the worst things that you can do is to try to rush the process by biting off more than you can chew. Instead, take things slow and give yourself the time that you need to really get reacquainted with your goals and reality.

Once you have done this, then you can start to pick up the pace a little bit. Take the time out of your day to make sure that you are meeting your own needs and working toward accomplishing realistic and bite-sized personal goals. Give yourself some credit and a pat on the back simply for choosing to show up for yourself instead of staying stuck in the rat race one moment longer. Nobody else will ever shape your destiny again; it is now in your hands and that was a huge step to take. Congratulate yourself for it! Some people never get to this point.

From here, it is all about being the best you that you can be. Allow yourself to feel pride for all of your victories. Success breeds success, and setting small, reasonable goals and celebrating their success will help you to move on to the next goal in line, until you have easily knocked a huge goal out of the park and achieved something major!

Being the best version of yourself may take time and effort, but it is well within your grasp. All you have to do is stop subscribing to other people’s version of who you should be and choose who you want to be instead. There is no faster way to master your destiny!