Twitter Thread by Subomi



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Yesterday, I contemplated life. I thought about how we make plans and wait for the stars to align before finally living. I thought about how we rarely enjoy the fruits of our labour because we learnt to manage while coming up. ■



Moving from a scarcity to a prosperity mindset is difficult. It's why we keep reserving things for visitors and keep waiting for vacations before resting. It's why we accept less than ideal love and learn to compromise the sacred.

So, yesterday I decided to do something about the restlessness in my spirit. Something symbolic.

I discovered I typically sleep on only one side of my bed. It's a habit I picked up because I prefer being near the door. I chose to sleep in the middle instead and to "spread out". To use my multiple pillows instead of one.

Rather than start the day in my study, I drank coffee on my balcony, as I gazed at the beautiful mango tree in this thread. I realised there are chairs I've never sat on in my home and so, I sat on them.

There are rooms I've never slept in, I will sleep in them. I will go round my dining table till I've eaten on every chair. I will thoroughly use my house including the best of all crockery and all spaces.

I made up my mind to pay attention to my emotional and health needs. I will sleep when I am tired. Switch off my phone when I need quietness. Not allow myself to be taken for granted or my emotional needs to be ignored.

I will gravitate towards love & those who prioritise me and I will move away from those who drain me.

I will spend more time with divinity and less time thinking of Nigeria. I will accept my realities and try to work with what I've got, not what I wish I had.

I will take legacy seriously and apply the deliberateness, delegation and documentation that it demands.

So help me God.

#Living