

*30 Days to Growth*

# HATCHED

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QUINN O'FLYNN





*Most of the time growth comes from the small things.*

*Little habits we acquire may no seem like a big accomplishment but they yield great fruit. One of the things I do every morning is select a quote and then just meditate on it. This habit has so fruitful for me and I wanted to share it with you.*

*So, for the next 30 days, spend your mornings with me!  
May this time bless you!*

**QUINN**

## *Desiring Change*

# 1

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We've all been in situations that are less than desirable. A bad relationship, a shitty job, family giving us judgement and condemnation. Maybe a friend has betrayed you, shit maybe it's just that your washing machine broke in the same week as your car brakes went and you're tired of being broke. We've all been there.... We've all felt those feelings of desperation, of hopelessness, of "Fuck, I just need a change!!" Today's quote comes from one of my favorite motivators, Tony Robbins:

*"You will remain the same until the pain of remaining the same is greater than the pain of changing."*

Wow! So simple and yet so profound! Read it again...let it soak in... let it be branded on your soul.... YOU are in charge of your destiny.... YOU decide when it its time to grow and change....YOU decide when to go to the next level....when do you do it? When you're ready to embrace the pain of change because it is less pain than staying the same.

# TAKE ACTION:

Reflect today on how you deal with change:

- ❖ How do you do with change? What do you worry about? What are you afraid of?
- ❖ What typically holds you back from making a change?
- ❖ How do you feel when faced with change? What emotions are present? Are you excited? Fearful? Anxious?
- ❖ Do you typically run towards change or run away from change?

Reflect today on what you want your life to look like in 5 years.

- ❖ What will you have to do to make this happen?
- ❖ What will you have to struggle with?
- ❖ What roadblocks will you face?
- ❖ What will friends of family be like?
- ❖ How will you feel when you accomplish this?

Commit to writing this out and looking back on it in 5 years....

## 2

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Our quote for today comes from the author of *The Alchemist*, beloved the world over and one of the greatest stories of journeying through life. Paolo Coelho writes,

*“Maybe the journey isn’t about becoming anything... maybe its about unbecoming anything that isn’t really you so you can be who you were meant to be in the first place.”*

Sometimes we focus on adding too much to our lives. We get so busy and set so many goals and collect so many things and ideas and people and jobs and tools. We seem to think, “If I just had this or that then I would be happy or successful.” But true growth often comes by subtracting things from our lives, not adding them.

What if instead of continually adding things to our lives in an effort to achieve our goals we started removing anything from our lives that hold us back from discovering

our purpose? This could be a job or career, friends or family, the location we live in or anything else.

It could also be the identity that has been given to us by other people or formed by us as we have navigated our past. We all have an identity which has been developed and we all also have the power to change this as we discover who we really are. Perhaps it's time to shed that skin and remove anything from our life that is holding us back from helping us discover ourselves and our purpose.

## TAKE ACTION:

- ❖ What's in your life that is distracting you from finding yourself?
- ❖ Do you actively "have the time" to work on yourself or do you find that other things keep you too busy?
- ❖ List the top 10 things in ranking order that are important to you. Where does "Discovering who I am and what my purpose is" fall in the order?
- ❖ What do you need to remove from your life that is not helping you on your journey?
- ❖ What about your life "isn't you?" What changes do you need to make?

*What's in your backpack?*

# 3

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As a Digital Nomad traveling the world with my backpack, I love this gem from Hannah Brencher!

*“We all have a bag. We all pack differently. Some of us are traveling light. Some of us are secret hoarders, who’ve never parted with a memory in your lives. I think we are all called to figure out how to carry our bag to the best of our ability, how to unpack it, how to face the mess. Part of growing up is learning how to sit down on the floor with all your things and figuring out what to take with you and what to leave behind.”*

When I first started traveling 4 years ago I had so much stuff!! I honestly thought that I was packing life and just carrying the essentials with me but and I started my journey I quickly realized that carrying this shit around all the time is ridiculous! As any full time traveler will tell you, the longer you travel the more stuff you will shed and the things that

you decide to fill your backpack with need to be purposeful items that you need while you're on the road. In fact, virtually everything in my pack now is multi-purpose.

But leaving stuff behind is hard! The question I ask myself now is, "Is this worth carrying?" If I can replace it cheaply and easily if I ever need it again then it gets left. Some things get left behind that are valuable to me but they aren't valuable for the specific journey that I am currently embarking on and so they get left behind. I cannot describe the freedom that comes with this! I have become unattached to things and my life as a result is simpler and more peaceful. My life isn't about things anymore, it's about experiences!

All of the baggage we carry around is like this and sometimes we need to sit down and do an inventory of all of the stuff we're carrying. Every time I have done this I am amazed at all the crap I am carrying around!

## TAKE ACTION:

Let's do something different today! Get some small pieces of paper or sticky notes or something and make a "bag inventory." On each piece of paper write down something you're carrying around. These could be skills you're proud of, memories that inspire you (or traumatize you), or ways that people who are close to you view you. It could be

things you're insecure about, things you don't like about yourself, talents you have, whatever comes to mind.

Look through all of these things now and pick up the ones that you want to take on your journey and put them into a container for safekeeping. Now take all of the other ones that you don't want to carry around anymore. Finally, have a cleansing ceremony of these things and burn them. As you read each of these again, say to yourself, "This will no longer have power over me and I will no longer carry it around." Then light it on fire and watch it go away.

# 4

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There's a very popular quote going around that I think makes a very good point and also begs a very important question:

*“Trying to hurt me by bringing up my past is like robbing my old house. I don't live there anymore. That aint my stuff.”*

Bam! Well said! Sick burn! But, the last line makes me think... In fact, many of the meme's using this quote actually leave the last line out. But in my opinion, it's the most important one because it takes this quote from a “in your face loser” jab, to a call of personal accountability and pride in doing the work and actually moving out.

The reality is that yeah, many of us have an “old house” but we still have our shit there and it does hurt when people bring up our past. Part of “doing the work” is sorting through that old stuff as we discussed yesterday, and then

truly detaching yourself from the things you have decided to leave behind.

## TAKE ACTION:

Remember how you felt yesterday as you read off the things you decided to leave behind. Remember as you watched them burn and then disappear. Use your meditation or journaling time today to burn this memory into your mind. Think about the site, the smell, the emotions, the sounds, the temperature on your skin, what you were wearing... anything and everything. Seal this memory into your mind and make this a real turning point for yourself!

From now on anytime you feel these things come up, and trust me they will, you can easily close your eyes, take a deep breath and replay this memory in your mind. This is your wall of protection and it is incredibly strong! Use it. To keep your serenity...

*It's all linked..*

## 5

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All right, I have some quotes in this book from some amazing people and although I am loathe to include myself in this crowd, today's quote is from me.

*"If you're trying to shed your emotional baggage, one of the best ways to support that is by shedding your physical baggage."*

I've discussed many times that one of the greatest gifts I have received from being a full time digital nomad with no permanent home is that I have become completely detached from "things." I literally carry 150 lbs of belongings with me every time I go to a new country and it is everything that I own in the world!

As I have worked through detaching myself from the emotional baggage in my past, this is literally the number one thing that has helped me!

Listen, everything is tied together.... The 4 Pillars of Well Being are Physical, Mental, Emotional and Spiritual. The key to success at anything is to be balanced and "in sync." As you work through any of these areas in your life, always remember to tie in the other 3 areas and remain well balanced!

## TAKE ACTION:

Are you balanced and "in sync?" Is there anything you could do to make yourself "more balanced?" Where are your strong points? Your weak points?

Make a list of your daily and weekly activities and how much time you spend at each of them. Try this for one week and then put all of your activities into one of the 4 columns of Physical, Mental, Emotional and Spiritual. At the end of the week, look back on this and see how equally distributed you are.

# 6

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I heard this quote one time and it just nailed me to the floor.... Listen, we've been working on our baggage and leaving things behind and burning things and phew... it might be dredging up some shit, huh? Today... let this quote sink in... and just rest.

*“If you’re struggling to love yourself, that means you already do.”*

Life is a journey and no matter where we start from or where we are going we are going to face good times and bad times, successes and failures and hearts full of love followed by brokenness. It's a balance... it's all part of the journey... if we don't hurt along the way, we've never really loved. If we're not sad along the way, we've never really been happy.

# TAKE ACTION:

Today, just rest... you are struggling to love yourself... this is exactly how things are meant to be! You're assessing your past and learning and growing so you can become stronger and better next time! Even in the midst of your daily life you're taking the time to plan and grow so you can rise in the future! You're doing an amazing job! Celebrate and have your favorite ice cream, pour yourself a drink and tell yourself "You're a rockstar!"

# 7

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We've been thinking about our past a lot and deciding to leave that behind and march into the future. So, now that we know who we DON'T want to be anymore, who is that we DO want to be?

It's important to start visualizing your new life and where you want to end up on this journey, how you want to take this journey and who you might want to take it with even!

Over the next few days we're going to be focusing on this and it starts first with listening.

*"The quieter you become, the more you can hear. Ram Dass"*

As we quiet our souls and take time to simply slow down, be quiet and listen, all of a sudden we can hear more clearly and be guided by the power in the universe and within our own hearts.

# TAKE ACTION:

Today, take time to just sit in silence somewhere and listen. Calm your heart, slow your breathing down, clear your mind and just exist for awhile and see what you hear. If you feel led to do something then do it, no matter how silly. maybe you will get a message to open up a random book or draw aa specific picture in your sketchbook. Who knows? When we're quiet and open the universe speaks to us in mysterious ways!

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Our thought for today comes from the creator of Grey's Anatomy, one of my favorite shows and I just love it!

*“You can waste your life drawing lines. Or you can live your life crossing them.” Shonda Rhimes*

Phew... this is a powerful one. As we start to dream and vision cast who we want to be are we drawing lines or crossing them? Are we letting ourselves be influenced by negativity and “being realistic”, or are we saying, “Why can't I do that?!?”

Sometimes we're closed in by lines others have drawn for us as well. Family, friends, coworkers and the like. But who is in charge here anyway? This is YOUR life! You can do and be anything you want to be. You can literally call a “do over” right here and right now and from this moment be whomever the hell YOU want to be. Do you believe it?

# TAKE ACTION:

Start dreaming big! Make a list of 10 crazy things you want to do that you think would make you happy and proud of yourself.

"I always wanted to go on a Safari to Africa!"

"I wish I could become a pilot."

"I want to finish my degree."

"I want to learn how to play violin."

"I want to speak Spanish fluently."

It doesn't matter how crazy the idea is... think crazy for a bit and make a list. Now post this list somewhere where you can see it and read it everyday. Start visualizing what it would be like to accomplish these things! What would it feel like? What would you have to do to make any of these happen? Think about these things everyday and allow yourself the time to dream about them and how you might accomplish these. Spend some time researching other people who have done these things and immerse yourself into it further!

The more you think about these things the more real they will become and soon you will see clear paths forward that you didn't previously see.

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I worked with this super grumpy guy for a couple of years. I think the only reason we kept him around was because he would just drop these gems sometimes that were just so wise. One of my favorite things he would say is,

*“You have to say no to good in order to get to great.”*

Most of us spend so much of our lives settling for “good” or even “good enough.” Whether it’s our jobs, where we live, who our friends are or our significant other we spend an awful lot of time doing things and being with people who are not helping us get to great.

It’s at this time that it’s important for us to look ahead to where we want to end up and chart a specific path towards this, excluding anything that doesn’t lead us there. Get used to asking yourself, “Will this lead me to where I want to end up?” If it won’t, then no matter how “good” it might

be, it's not "great," so let it go. Stop settling! You are worth more and you deserve more!

## TAKE ACTION:

Take some time and meditate about the things and people in your life and ask yourself honestly, "Are these things leading me to greatness?"

For most of us there will be some glaringly obvious things in our lives that we are just settling for. Start to decide for yourself what types of things you want in your life, what types of people and attitudes you want to surround yourself, who you are willing to actually take advice from, what types of behavior you are willing to accept and which types you are not.

There will also be many good things in your life and it may be difficult to let go of those. But if you continue to waste time on them, you will not get to where you belong.

PST.... Remember to look at your list from yesterday and keep visualizing it everyday!

# 10

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We're 1/3 of the way through this month and if you've made it this far that means for the last 10 days you have been consistently working on yourself. Congratulations!

Most of us start things that are good for us in an effort to grow or become better, but the sad truth is that most of the time we don't finish those things. They're a momentary passion, a new excitement, they make us hopeful... you all know what I'm talking about, right?

But then it starts to become a habit and it loses its luster, becomes mundane, we get bored. But this point is the most important place we need to get to! This who become permanently changed by these efforts and experiences are those who see it through to its finish and have now developed a new, healthy habit!

Our quote today sums this up...

*“Starting strong is good, Finishing strong is epic” -  
Robin Sharma*

## TAKE ACTION:

Meditate today on how you are feeling after 10 consistent days of effort. Reflect back to how you felt on day 1 or 2. Is this becoming part of your “normal routine?” Have you started to notice moments in your daily life where you flash back to these reflections and quotes and apply them to your current situation? Are you excited to do this everyday or have you had to push yourself to make time?

There is no right answer! This is just a time for you to process your feelings after making it through 30% of the month! Stay strong and finish strong! You’ve got this!

*It's simple, not easy*

# 11

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Sometimes we complicate things and make them way harder than they need to be. Sometimes we even do this unintentionally to sabotage ourselves. But the truth of the matter is that we know what we need to do in order to succeed... it's simple. The only question is are we willing to put the work in to make it happen.

*Growing is simple. Leave the old shit behind and spend your energy focusing on the new shit. I didn't say it was Easy, I said it was Simple." Quinn*

## TAKE ACTION:

Meditate today the ways that you sabotage your growth. What are the things in your life that you're allowing to roadblock you? Procrastination? Too much time on your phone? Sitting around depressed? Alcohol? Unhealthy eating habits? Be honest with yourself...you know. What. You need to do to succeed. What's stopping you?

# 12

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Mantras are so powerful! Vocally stating what we stand for and how we're going to live can actually help you manifest the life you desire. When we take a simple thought that has perhaps held us back over the years and "Flip the script," we know have taken the negativity and turned it into positivity, we have taken the inaction and turned it into action!

*"I am no longer accepting the things I cannot change. I am changing the things I cannot accept." - Angela Davis*

## TAKE ACTION:

Make a list of the things that hold power over you that you cannot change. Look at this list of things from your past and release it... you have no control over these things and it is a waste of your precious energy to continue stewing about them. Now make a new list of the things you will no longer accept and finally...the hard part... make a plan to remove those things (or those people) from your life.

# 13

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Worrying is part of a natural human reaction that is based on fear and meant to protect us. If we are listening to our fears and using this instinct to prepare ourselves for something or problem solve then this is healthy. However, when it becomes “worry” it loses its productivity and ends up holding us back.

*“Worrying does not take away tomorrow’s troubles, it takes away today’s peace.”*

## TAKE ACTION:

Spend some time with yourself today and think about how worry effects your life.

Where is the line between our natural defense system and worry? What are you doing to identify where that line is for you and become healthy in this regard? What are some common things that you spend time worrying about and how does this impact your peace? What tools are you employing to be present to yourselves and others. And focus on the moment you’re in endnote. The pitfalls of the future?

# 14

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We've been spending a lot of time lately thinking about ourselves, dealing with our shit and figuring out how to become better at this thing called life. Today, let's focus on other people. Sometimes the best thing we can do to be happy is make someone else happy!

*“A compliment is verbal sunshine. We have the power to brighten someone's day.”* **Robert Orben**

## TAKE ACTION:

Spend the day today complimenting people! Look at everyone you interact with today and find something nice about them and then tell them! Be bold, be daring, walk up to strangers and make their day! At night before you go to bed reflect on your day. How did it make you feel to walk around all day making other people happy? This is a great thing to make a weekly habit!

# 15

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When we follow a well-trodden path, we inherit not only the direction but also the limitations imposed by others. Emerson's challenge is not merely to rebel, but to create – to carve a path uniquely our own. It takes courage to resist the urge to conform, but in doing so, we discover the richness of our own identity. Growth often begins the moment we dare to step into uncharted territory.

*“Do not go where the path may lead, go instead where there is no path and leave a trail.”* **Ralph Waldo Emerson**

To leave a trail means to become a guide for others who feel lost. Your originality may one day be someone else's compass. Embrace the uncertainty of the unknown, for it is in that space where potential is born. The discomfort of blazing your own trail is temporary; the legacy of it is eternal.

# TAKE ACTION:

Write about a time when you chose to follow your own instincts instead of what others expected. What did you learn from that choice? If you've never done this, describe one area in your life where you feel called to create your own path.

# 16

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Age is often misused as a boundary for what we can or cannot do. But the spirit of growth doesn't retire. C.S. Lewis reminds us that life remains fertile ground for new visions, regardless of how long we've lived. There is dignity in dreaming, and even more in the courage it takes to begin again

*“You are never too old to set another goal or to dream a new dream.” C.S. Lewis*

Growth does not honor the calendar – it honors the will. Whether it's a new career, a long-delayed journey, or healing from something we thought was final, every chapter you dare to write affirms your vitality. The willingness to dream anew is a testament to your inner light still burning bright.

## TAKE ACTION:

List three dreams or goals you've put on hold – and then choose one to act on, even in a small way, this week. Why

did you pause it? What one step can you take today to revive it?

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We are conditioned to view success as a destination and failure as a dead end. Churchill challenges both assumptions. Real growth happens in motion – in the quiet decision to take another step, especially after a fall. The courage to persist transforms both victory and defeat into tools for learning.

*“Success is not final, failure is not fatal: It is the courage to continue that counts.”* **Winston Churchill**

Every moment you choose to keep going, even when no one is watching, you rewrite your story. Success is fleeting; so is failure. What endures is your will to evolve. Let each stumble humble you, and each triumph encourage you – but let neither define you. Only your persistence will.

## TAKE ACTION:

Reflect on a recent “failure.” What did you learn from it? How can you turn that lesson into a strength or action plan moving forward?

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In a world obsessed with speed, slow progress is often mistaken for weakness. But lasting transformation takes time. This ancient wisdom invites us to honor small steps, trusting that movement – however subtle – is the heartbeat of growth. The real danger is not in how slow we grow, but in refusing to grow at all.

Growth requires patience, especially with oneself.

*“Be not afraid of growing slowly, be afraid only of standing still.” Chinese Proverb*

Celebrate incremental wins, and release the shame of not being “there” yet. Your path is yours alone, and every inch forward is sacred. The flower doesn’t rush to bloom, and neither should you.

## TAKE ACTION:

Write down one area of your life where you feel like you're growing too slowly. Then, make a list of every small win you've experienced in that area – even if they seem tiny. Reflect on how far you've come.

# 19

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Time can feel like a tyrant when we're anxious about our progress. Levenson's advice is liberating: don't obsess over the hours – embody them. Like the clock, keep moving forward. Focus not on how long it takes, but on the rhythm of persistence.

*“Don't watch the clock; do what it does. Keep going.”*

*Sam Levenson*

Consistency often matters more than intensity. When you commit to steady, daily action, you build something far more resilient than urgency ever could. Let the clock inspire you, not shame you. Keep going, and you'll arrive where you're meant to – stronger, wiser, and unshaken.

## TAKE ACTION:

Choose one small task you've been putting off. Set a timer for just 15 minutes and do it – even if imperfectly. Then journal: “How did it feel to just begin?”

# 20

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Hardship is often seen as a detour, but Einstein saw it as a doorway. Challenges force us to see what comfort never reveals. Inside every obstacle is a seed of possibility – if we're willing to dig deep enough to find it.

*“In the middle of every difficulty lies opportunity.”*  
*Albert Einstein*

The key is to stop asking “Why me?” and start asking “What now?” Growth means facing problems not as punishments, but as invitations. What strength is life asking you to uncover? What truth is rising from your struggle? In difficulty, we are not defeated – we are refined.

## TAKE ACTION:

Think of a current or recent challenge. Write down three unexpected lessons or gifts hidden within it. What would you have never learned without this difficulty?

# 21

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Fear guards the threshold of all worthwhile things. Our dreams often live just past the wall we're afraid to climb. This quote dares us to see fear not as a signal to stop, but as a signpost: here lies your transformation.

“Everything you’ve ever wanted is on the other side of fear.” **George Addair**

Growth requires discomfort. It asks you to risk embarrassment, failure, rejection. But on the other side of that risk is freedom – the freedom to live fully, love deeply, and create boldly. Let fear inform you, but never let it lead you. Your courage is waiting.

## TAKE ACTION:

Name one thing fear is currently stopping you from doing. Then list five reasons why doing that thing could lead to growth, joy, or freedom. Choose one small action you can take this week to face that fear.

## 22

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This quote is a powerful reminder that the value of life isn't measured by its length but by its depth. In a world obsessed with productivity and longevity, we often forget that what we pour into our time matters more than how much of it we have. The question isn't how to stretch life out—it's how to fill it up meaningfully.

*"You can't give your life more time, but you can give your time more life."*

We cannot control how many days we are given, but we can control how intentionally we live within them. "Giving your time more life" means choosing presence over distraction, connection over convenience, and meaning over mere motion. When we stop rushing toward the next milestone, we start noticing the small, beautiful things that were always there.

This quote asks us to shift our focus from the quantity of our time to the *quality* of our attention. How different would your day look if you infused each hour with care,

clarity, and purpose? Time is not something we manage—it's something we *experience*. Let's make it vibrant.

## TAKE ACTION:

Sit in stillness and ask yourself:

**“What makes my time feel alive?”**

Notice moments that light you up—people, places, experiences.

Then reflect:

**“How can I invite more of this into my day?”**

Let this guide one small, joyful shift in how you move through time today.

# 23

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Boundaries are acts of wisdom and compassion, both for ourselves and others. This quote highlights how boundaries are not barriers—they are filters. They help us choose what to let in, what to release, and what deserves the sacred space of our attention.

*"Boundaries protect our time and energy, allowing us to focus on what truly matters."*

Protecting your energy is not selfish—it's essential. When you say yes to everything, you're saying no to your peace, your passions, and your purpose. Boundaries help clear the noise so you can hear what matters. They allow you to reclaim the energy that gets lost in the chaos of overcommitment.

Setting boundaries is not about pushing people away; it's about protecting what fuels you. When we honor our limits, we free ourselves to focus deeply on what we truly care about—our relationships, our growth, and our wellbeing.

## TAKE ACTION:

Close your eyes and ask:

**“What truly matters to me right now?”**

Then ask:

**“What boundary can I set—or reinforce—that protects this priority?”**

Visualize yourself upholding this boundary with kindness and clarity. Let that image strengthen your resolve.

## 24

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Boundaries test relationships. They reveal who respects you—and who benefits from your lack of limits. This quote names an uncomfortable truth: resistance to boundaries often comes from those most invested in crossing them. And that's precisely why they need to be held.

*"Those who get angry when you set a boundary are the ones you need to set boundaries for." J.S. Wolfe*

It's normal to feel guilty or anxious when you first start setting boundaries. Pushback can feel like rejection. But remember: when someone gets angry at your healthy limits, they're not reacting to your boundary—they're reacting to the loss of control. That's not your responsibility.

This quote offers courage: the very discomfort you feel is evidence you're doing something important. You're protecting your time, your mental health, and your peace. Let that boundary stand like a lighthouse—not a wall, but a signal of where the shoreline begins.

## TAKE ACTION:

Take a deep breath. Reflect on this question:

**“Where in my life do I feel drained, taken for granted, or overextended?”**

Then ask:

**“What boundary is asking to be honored, even if it makes someone else uncomfortable?”**

Visualize yourself stating this boundary with calm strength. Let that image anchor you.

## 25

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Self-awareness isn't just about introspection—it's about expression. This quote challenges us to distill the essence of who we are into a few clear, confident words. It's one thing to feel aligned with yourself; it's another to share that clarity with others.

*"How do you really know yourself? When you can clearly communicate who you are to other people by the time the elevator door opens." Quinn O'Flynn*

Knowing yourself is a lifelong journey. But the clearest sign you're on that path is when you can speak your truth without hesitation or performance. You don't need a script—you need *clarity*. When you can say, "This is who I am, this is what I value, this is what I need," you stand in your power.

This quote also reminds us of the importance of brevity and impact. Can you define yourself without a resume, without apology, without shrinking? When we truly know ourselves, we don't need permission to be seen—we simply *show up*.

# TAKE ACTION:

Sit in silence and ask:

**“If I had 30 seconds to describe my truest self, what would I say?”**

Let it come from the heart, not the ego. Then reflect:

**“What part of me am I ready to show more boldly in the world?”**

Let this guide a conversation, a post, or even a moment of self-expression today.

# 26

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Alan Watts, a philosopher who bridged Eastern and Western thinking, often spoke of the fluid nature of life. This quote encourages us to embrace change not as an obstacle, but as a rhythm to move with.

*"The only way to make sense out of change is to plunge into it, move with it, and join the dance."* **Alan Watt**

Growth is inherently tied to change. Often, our resistance to change stems from fear – fear of the unknown, of loss, of discomfort. But resisting change doesn't stop it from happening; it only increases our suffering. Watts suggests a different approach: dance with it. When we stop trying to control every outcome and instead allow ourselves to move with life's currents, we open ourselves to new experiences, insights, and transformations.

Change doesn't ask for our permission. But when we choose to meet it willingly, we evolve. It's not about passivity, but about cooperation – working *with* life rather than fighting against it. Growth, then, becomes less about struggle and more about flow.

# TAKE ACTION:

Sit comfortably and close your eyes.

1. Bring to mind a recent change – big or small.
2. Notice what emotions come up: fear, excitement, resistance, hope. Don't judge – just observe.
3. Imagine this change as a river. Visualize yourself stepping into the current and floating with it, not against it.
4. As you breathe, silently repeat: "I move with life. I trust the flow."
5. Stay with this for 5-10 minutes.

## 27

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I love this quote from Maya Angelou, a beloved poet and civil rights activist, who reminds us that transformation is often hidden beneath the surface.

*"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."* **Maya Angelou**

We often admire the final product—someone's confidence, wisdom, or success—without acknowledging the inner work it took to get there. Like the butterfly emerging from a cocoon, growth is often messy and unseen. It happens in quiet, private spaces, sometimes accompanied by discomfort and darkness.

But these difficult in-between stages are not failures; they are proof of progress. Your personal growth may not be visible to others yet, but that doesn't make it any less real or significant. Trust your process. Your transformation is unfolding, even if no one else sees it yet.

# TAKE ACTION:

## "From Cocoon to Wings"

1. Sit quietly and focus on your breath.
2. Visualize yourself in a cocoon – warm, safe, but small.
3. As you inhale, feel yourself expanding. As you exhale, imagine the cocoon softening.
4. Picture yourself growing wings – your unique strengths, shaped by challenges.
5. Silently repeat: "My journey is sacred. My growth is unfolding."
6. Stay with this visualization for 8-10 minutes.

## 28

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This powerful quote from playwright George Bernard Shaw flips a common idea: that growth is not a search, but a creative act. You are not a hidden treasure waiting to be uncovered – you are a living work in progress.

*"Life isn't about finding yourself. Life is about creating yourself."* **George Bernard Shaw**

We often treat self-discovery like archaeology – as if we're digging to uncover a fixed truth beneath the surface. But what if your identity is not something to find, but something to shape? Growth is not passive. It's the art of crafting yourself – through choices, through values, through the way you respond to life's trials.

This mindset is empowering! You don't need to wait for clarity to begin – you can start now, choosing who you want to be, moment by moment. Growth becomes an act of authorship. You are both the story and the storyteller!

## TAKE ACTION:

1. Sit in a comfortable position with your spine tall.
2. Bring your attention to your breath, soft and steady.
3. Ask yourself: "Who am I becoming?"
4. Imagine yourself as an artist with a brush or chisel.  
See yourself shaping your traits, habits, and energy.
5. Silently repeat: "I create myself with each breath."
6. Rest in this image for 10 minutes.

## 29

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Zig Ziglar, a motivational speaker and author, reminds us that while goals are important, it's the **transformation** we undergo in the pursuit of those goals that truly matters.

*"What you get by achieving your goals is not as important as what you become by achieving your goals." Zig Ziglar*

In our goal-driven culture, it's easy to measure progress only by outcomes: promotions, accolades, money, or status. But real growth happens in the *process*. The challenges we face, the resilience we build, and the values we uphold on the journey shape our character far more than the destination does.

Ask yourself: Who are you becoming as you strive? Are you more patient, more disciplined, more compassionate? These internal milestones often go unnoticed, but they're the truest indicators of personal evolution. Ultimately, growth is not about having more – it's about *being* more.

## TAKE ACTION:

1. Sit in a quiet space and take a few deep breaths.
2. Think of a goal you're working toward.
3. Now ask yourself: "What qualities am I developing as I pursue this?"
4. Focus on one quality – e.g., patience, courage, consistency.
5. On each inhale, breathe in that quality. On each exhale, release self-judgment.
6. Silently repeat: "I honor who I am becoming."
7. Practice for 5-7 minutes.

# 30

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Perception is a powerful force. This quote invites us to see that transformation often begins not with our circumstances, but with our perspective. Change doesn't always come from the outside—it often starts within.

*"When you change the way you look at things, the things you look at change."* **Quinn O'Flynn**

The lens through which you view the world shapes your reality. When you shift your mindset—from fear to curiosity, from frustration to compassion—what once felt heavy can feel lighter. What once looked like an obstacle can become an opportunity.

This doesn't mean denying difficulty—it means choosing how to relate to it. When we change the story we tell ourselves, we change what's possible. That's the quiet miracle of perspective.

## TAKE ACTION:

Congratulations! You've made it through 30 days with me! Hopefully this has helped you develop a healthy habit that

will help you forever! Stay on the path of growth and above all.... Love. Love for yourself, love for others.

PST....scroll on for a preview of my first book, "8 Ways to Be Happy" and get your copy today on my website!

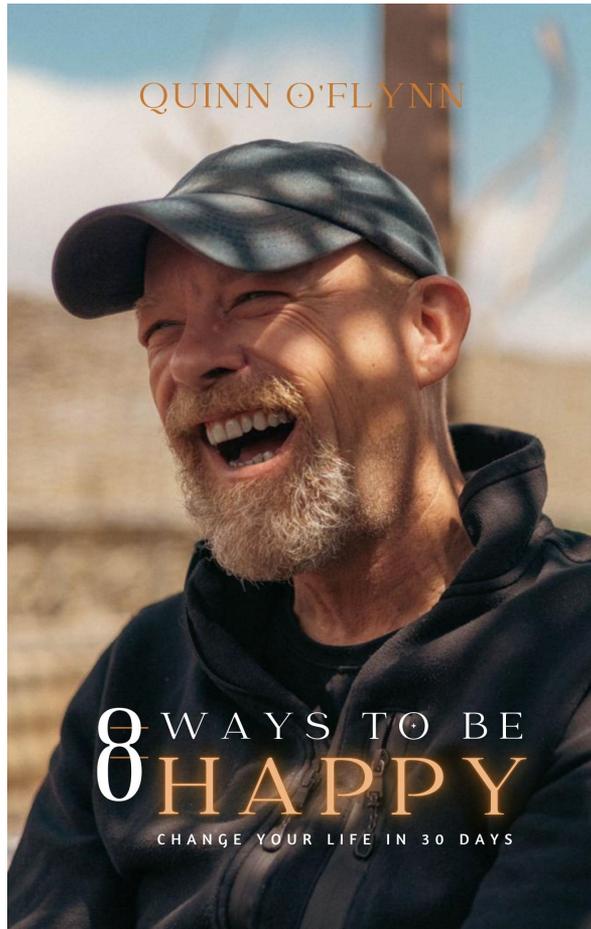
# ABOUT QUINN



Quinn's passion for humanity, his hunger for learning and growth and his simple way of breaking down complex scenarios all with a disarming smile have brought his videos to millions of beautiful humans all over the world.

He's a full-time digital nomad and has lived in countries all over the world. He's an author, a musician, and a social media influencer. Quinn's first book, "**8 Ways to Be Happy**" has changed thousands of lives with its simple method of regulating your emotions and creating a happy life.

Connect with Quinn on his website at [quinntheskimorocks.com](http://quinntheskimorocks.com)



*8 Ways to Be Happy: Strategies Guaranteed to Increase  
Your Happiness*

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# I Just Want to be Happy!

*“Positive thinking is powerful thinking. If you want happiness, fulfillment, success and inner peace, start thinking you have the power to achieve those things. Focus on the bright side of life and expect positive results.” Germany Kent*

I've heard people say over and over again, “I just want to live a happy life.” Have you ever thought this? Have you ever voiced this? If so, this book is for you!

Many things can give us brief moments of happiness:

- An unexpected gift
- Physical attention from a loved one
- Money, particularly when it's unexpected
- A career that you love
- Completing a goal

But do these things make us “happy?” If so then why don't we say, “I just want to live a life where I get unexpected gifts?” The answer is simple... inside our hearts we know that our happiness isn't conditional. Let me give you another example.

Have you ever been in love with someone and thought or said, “I would be happy anywhere with you?” This feeling of love that we are getting is giving us so much happiness that we're willingly saying that we don't care about money or stature or fame, just being with the person we love!

Let's try an experiment...

Remember an experience where you were so happy and content that everything else faded away.

Maybe it was a camping trip with your family and in the quiet of the night you're all sitting around the campfire and your family is just laughing and spending time together. Phones off and forgotten... marshmallow sticks out and ready.

Think of your specific experience and feel yourself in that moment again...

Your worries are gone. The stress is gone. Your problems are gone. You're just "happy" right there in that moment. Now, imagine that you could lead every moment of your life feeling this way...

The good news is that you can!

Over the last several years I have developed a way to make myself happy in every situation no matter how bad it may seem. People who knew the old "me" are amazed when they see the current "me!" Everything has changed! I now live a peaceful, positive life, filled with gratitude and love.... I am finally "Happy."

In this little book I am going to share my exact method for attaining perpetual happiness and I promise you that if you put all of these strategies into practice for 30 days you will radically change your life and become a happier person.

Now, you might be thinking, “I don’t know if this hocus-pocus is going to work!” That’s ok, I would be skeptical too. However, let’s face it... you’ve been trying lots of other stuff that doesn’t work. What’s the worst that could happen if you try my strategies for 30 days? You certainly won’t be worse off, right? But what’s the best that could happen? I could be right and your entire life will change.... Take a ride with me.

# Understanding How Happiness Works

*“You own your feelings. You own your thoughts. You control both. No one has the right to any of it—to any of you without your permission.” Carlos Wallace*

Happiness is an emotion and like all of our emotions it is controlled by many things. Luckily for us, we can control many of those things, thereby influencing our emotions. To understand this, let’s look at another emotion, “Anger.” If you wanted to control your anger what are some steps you might take to do so? Think of 3 right now...

I’m not going to give you the answers to this question because frankly it is irrelevant. The point is that I asked you a simple question and your brain immediately came up with 3 things that you could do to control that Anger emotion. Now, let’s take it one step further....

If I gave you an exact blueprint of how to control your anger and you followed that blueprint for 30 days do you believe you would be more successful at controlling your anger? Of

course you do! In fact, ask yourself another question. Do you believe that if you successfully did this for 30 days straight that you could control your anger 100% of this time? How about if you worked on this for 3 months? 6 months? You could literally train yourself to never respond with anger for the rest of your life!

Happiness works the same way! But wishing for it or desiring it absolutely will never make this happen. That would be like wishing you could get large, well-defined muscles but never going to the gym!

I teach a lot about the 4 Pillars of Well-Being. Each of these Pillars represent one quarter of who we are as people and all of our activities can be classified under one of these. The 4 Pillars are:

- Physical
- Mental
- Spiritual
- Emotional

People who are well-adjusted have a more equal distribution of these 4 Pillars than others; sometimes we use the term “well-rounded” to describe this.

Imagine that you went to the gym and you just worked out one of your arms everyday. You would look like a freak! How about if you just worked out your right arm and your left leg? Freak! We all know that when we physically work out we need to have a balanced approach so how come we do not approach the 4 Pillars in the same way?

Think how much time we spend on Physical, Mental and Spiritual activities verses how much time we spend on our Emotional well-being. We literally have College degrees for Mental! We have 40 hour a week jobs for Physical and Mental! There are Churches on every corner in every town in our country! But what do we do for our Emotional side? How do we train ourselves, educate ourselves and become better at dealing with our emotions? Now, imagine that for the next 30 days you decide to take this seriously and spend 25% of your time awake building and strengthening your emotional state. Don't you think that this would work in the same way as the other Pillars? Wouldn't you become more skilled at doing controlling your emotions??

You're taking the first step by reading this book and putting these strategies into place. It's just like going to the gym. At first it may seem strange, uncomfortable and you may be "sore," but as the 30 days go on, each day you will be stronger emotionally and more able to control not only your state of Happiness, but all of your emotions!

**READ THE REST ON MY WEBSITE AT  
[WWW.QUINNTHEESKIMOROCKS.COM](http://WWW.QUINNTHEESKIMOROCKS.COM)**