

Janie Foley



“Be where your feet are”. Seems easy, right? You think, “Here my feet are, so here I must be”. Oh, but how wrong you are. When you live your life to please everyone else around you, it doesn’t matter where your feet are, those who are stronger and more determined than you will sweep you right off your feet, and not in the whole “fairy-tale love ending” type of way. But what if your feet were always where you wanted them to be? What if you were always the one in control? Be it your boss, your friend, your family, your spouse/significant other.. YOUR footsteps should never walk someone else’s path of what they believe is best for you.

I have an erupting passion for fueling the fire within.... those who’s footsteps are determined for them by those that are around them. At the age of three, I was hit hard with the reality of life, struggle, and loss. At the age of four, I faced it again. From that point, following the steps of a militant father, I quickly learned that you’re not always in control and that your feet aren’t always where you want them to be, but sometimes, where you’re told they’re to be. Fast forward 18 years, I have walked several paths of those around me, and I have experienced a level of self-shame, guilt, and struggle that only comes when you lose everything about yourself to please someone(s) around you. But once I finally stood my ground, and told my feet where to go, I took off running.. never to look back. And in all that time, I discovered my ability to pour knowledge, wisdom, experiences, and true testimony into those around me who have seemed to have forgotten themselves in someone else’s path.



It’s time to the ground running and rediscover the value that is within you.