

How Do You Keep Your Toenails?

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Stop what you are doing. Take off your socks and look down. What do you see? Some people are just disgusted by feet in general, but for those of you who can stomach it, look at your feet and study them. Are they well groomed? When was the last time you washed them, like really washed them, not just let the suds from your chest run down on to them? Do they have an odor? Is there something between your toes? How are your toenails? Are they well trimmed and healthy looking? Or are they discolored, overgrown, and brittle? Are your feet a reflection of how you publicly live your life, or are they one of many dirty little secrets?

Okay, so the intro may have caught you off guard. My reason for bringing this up is because I believe the way people keep their feet is a direct reflection of how they live their life. Feet and toenails are very interesting because, for almost everybody, they are covered for the majority of the day, so much so that sometimes we rarely see our own feet. We have the ability to easily hide these parts of our body from everybody else, so we often neglect to care of them, and when the time finally does come to go barefoot in public, we are often embarrassed.

Do you have things that are equivalent to ungroomed feet in your everyday life? Do you have little quirks or habits that you know aren't good for you; that you know you shouldn't be doing; that you know would be embarrassing if they were exposed; but you do them anyways? Do you ignore these habits, sweeping them under the rug, telling yourself you will deal with them another day?

We all have these habits; admitting this is hardly the difficult part. What is far more complicated is identifying what these habits are. Some have become so accustomed to disregarding their habits that they no longer register these acts taking place. For others, we have put up mental blocks so we no longer have to admit to ourselves the negative consequences of our actions. I'm not talking about huge, life-threatening actions, either. I'm talking about very small things that have become almost routine. For example, perhaps you have been staying up later than normal, wanting to watch an extra 30 minutes of TV before you call it a night. Or perhaps you started getting a large coffee every morning instead of a medium. Or maybe you have been hitting the snooze button an extra time so you have been short-changing your breakfast.

Yes, these examples are getting nit-picky, but that's what I'm after. Over the course of this next month, think about everything you do during your day, and then think about why you do it. Is there a reason, or has it always been that way? Is there a way you could improve upon that? Find one thing in your life, one little habit that you want to alter during the next four weeks. Maybe you don't choose the thing that is most pressing, the one that you don't want anybody to know about. Maybe you get to that one next month or the month after. But start with something. Choose one part of your life to improve upon over this next month and allow yourself to be a happier and healthier person. And maybe by 2012 you will choose to take care of those toenails.

Here's to faith, strength, and passion.

Get big or die tryin'.

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