

2017 Best Self Atlanta Magazine Courage Award Finalist

DANIELLE LINDSEY

BEFORE



AFTER



At the beginning of 2016, I made a tough decision that would change my life forever. I was thirty-two, a mother, and had been stuck in a controlling relationship for nearly ten years. I was eating and drinking my way through each day, mostly to numb myself and avoid acknowledging how unhappy I had become. I was in a toxic routine, a routine I had become comfortable in, a routine I knew I had to change.

courage to leave an unhealthy marriage and create a new life for my daughter and me.

It has not been easy. I have been beaten down and ridiculed. Not everyone has agreed with my choices. I have lost friends and family, but have built real relationships. Not everyone can understand the long hours I put in the gym or my constant hours in the kitchen preparing meals. I have never felt healthier and more

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First, I needed to change the way I thought about myself, and then change my lifestyle and my body. I knew this journey would not be an easy one. At one time, I was active in cross-fit, however, an injury kept me from continuing, but I was not going to give up that easy. I changed to a macro-based diet and devoted myself to fitness in figure competition. I stayed sober and clarity helped me pursue my dreams.

content. Through one of the most difficult times of my life thus far, I kept my eye on the goal and made no excuses. I am not perfect, I have made mistakes, I own them and learn from them.

Somewhere around six months, I had lost fifty pounds. I felt healthy, strong and confident. I gained the

Every day I make a choice to be a better person than I was the day before. I hope to encourage others to do the same. Whatever your dreams are, whatever your goals are, don't be afraid, don't let comfort stifle your dreams. Wherever you are in life, no matter your age, it's never too late.