

## VT4 Essay Olya Grigoryeva

What a journey this has been! It dates back to when I discovered Venus Index program in December 2010! It's been a year and a half and somehow the last two competitions just didn't happen for me. But here I am at the end of VT4 and though I always think I could have pushed harder and better, I am proud of where I am right now and today. In fact, just seeing the progression and noticing seemingly idiotic things like fitting into old jeans and not having to pose only from a certain angle in photos, is worth every effort and every setback that I have faced thus far.

I continue to learn and discover new things about myself, about self sabotage, about overcoming and just getting back up even though it seems I keep falling. Though I am still even now not at VI numbers yet, without this year I wouldn't even be where I am today. At the beginning of the journey I was tottering at 164-168 lbs... I am at 151-155 lbs now, but the difference in my body composition is very noticeable, even to those around me that don't know me that well and that's all the encouragement I need. I wouldn't have even known where to begin to address emotional eating, if it wasn't for Dr. Bird's podcast and her coaching as well. One hell of a journey lies ahead, and I don't think I am ever going to give up until I reach not only my VI measurements but also sanity and a new balance with eating habits. Besides this very self focused journey, I have also found and have been able to maintain real friendships and get support and hopefully give support to the fellow Venuses on the forum.

Yours Truly,  
Olya