



I knew, as my daughter approached driving age, that my life was about to shift in ways I wasn't quite ready for. Most of our time together has been in the car - driving to school, to diving practice, and all the little in-between moments that made up our days. With her newfound independence, those moments would dwindle. And with them, a part of my identity.

At first, the thought was liberating. Suddenly, I'd have more time to focus on the things that have been sitting on the top shelf of my mind, collecting dust. I gave myself a year to plan and strategize my next moves. But now that her 16th birthday is just days away, I'm feeling the nerves. A year felt like enough time to get my act together - to prepare for the next phase. Now, with that year up, I'm realizing that starting something new can be as daunting as it is exciting.

It's not that I don't know what to do. I know exactly what I want to build, what I want to say, who I want to become. But there's a voice in my head throwing up a list of reasons to wait - not feeling ready, the fear of falling flat, of being seen as foolish, of not being good enough. It's the classic cocktail of shame, guilt, and self-doubt, and it's paralyzing.

Growing up, nothing in my world felt stable. I was always waiting for the other shoe to drop, for the next change, the next unexpected twist. Adapt, survive, repeat. I was always looking outside myself for some stability. And now, as a grown woman, I still catch myself searching for that sense of safety in places it can never be found.

But the truth is, nothing is permanent. Nothing is truly safe. We can put up alarm systems, stockpile security blankets, and "play it safe" forever - but none of it stops life from happening. It's the ultimate vulnerability. And that's where I've decided to source my power from. Because if nothing is certain, then why not go all in? Why not squeeze every last drop out of this life and leave it all in the ring?

So, this is me - right here, right now - saying yes to the messy, the scary, the brave. I'm not waiting anymore. I'm done tiptoeing around my dreams. I want to feel alive, do brave things, and inspire you to do the same. Let's step over that starting line together.

My name is Tayne Griffin. I lead my life by experiment, diving headfirst into extraordinary experiences to discover what's possible. If you're ready to do the same, let's go do some cool stuff together. I have found that life is more fun when it's shared.

Much love, Tayne