

I wish it was as simple as turning a light switch on and off - off to the past, on for the future. Perhaps I missed all the nudges because I was simply too busy, or maybe I just didn't make it a priority. Instead, I keep asking myself the same questions over and over again.

Why?

How did it get this far?

Couldn't I have made better choices earlier?

Would my life have been different if I tried harder?

No amount of positive thoughts could get me out of the slump of despair that I slung myself into. Willingly at first, then, after ten years, it felt like I had no choice. I was no longer in control of what I yearned for. As society changed, I stubbornly buckled against the new wave. Even though a small voice in my mind told me that this change was for the better. Again, like a tornado, the questions whizzed around my brain.

Is it time now?

Would I actually be able to do it this time around?

I noticed on my social media feed parents running on the beach with their children. Older siblings play basketball with their dads and run for a game of tag on the sandy shores. When they smile, their teeth are pearly white, as if bleached by the sun, and their skin glows against the rays of the setting sun on the sparkling blue Caribbean ocean. Then, finally, my alarm rang on my phone, thrusting me back to reality. I stubbed out my cigarette and opened up my umbrella for the long walk back to my office through the pouring rain.

In the cubicle next to me, my co-worker talked about his upcoming weekend trip with his buddies. I was invited but declined. I simply do not have the energy after a long week of work to hang out with guys that enjoy the outdoors filled with canoeing, boating and campfires. He was disappointed when I said no to his generous offer and hoped I would say yes the next time.

That evening, just as I was about to sit down for dinner, a notification made my phone buzz. As if by virtual intervention, I clicked on the link. It was my old neighbour. She stole cigarettes from her father, so we could try them out. After scanning the app, the answers to my questions started to come into view.

Maybe I can do this.

I want to do this.

Now is the time.

Listening to a ten-minute voice note that accompanied the text from my neighbour, I thought I'd try it, and I signed up for the app.

It's been three months since I took that small step.

In good fun, I left a lengthy voice note for my old neighbour to thank her for the introduction to this life-changing technology. Then, I started going to the gym with my co-worker. Now the questions in my mind are about learning how to make a campfire, what the best fishing gear

looks like and when we'll go river rafting. With all the money I'm saving on cigarette purchases, I might be able to afford that vacation in the Caribbean after all.

Are you ready to start your transformation?

Download the app today.