

TRUE TO Life

with Amy Williams

OH Magazine asked Amy Williams, employee and long-time member of the OH community, to answer the following question from her unique perspective. You may know Amy from the OH messageboards, from her appearance on MTV's True Life program or from her article in a previous issue of this magazine. If you have yet to get to know her, here is an opportunity to discover a little bit of what makes her an inspiration to so many people.



To learn more about Amy and her weight loss journey, please visit her OH profile at www.ObesityHelp.com/member/AmyWilliams

When it comes to truly living well, what single character trait do you find most important and try to cultivate in your own life? Why?

I would have to say that the most important character trait has to be honesty. If you can't be honest with yourself, you can't be honest with others. It took me being very honest with myself to know that I needed to make changes in my life to improve my health. Honesty plays an important part in all of life. I don't like people who are fake with how they feel about people or situations. I have real passion for what I love and enjoy, so it makes what I do a pleasure.

If I were not honest about how I feel, then I would go through life not ever really being happy. Be honest with yourself about feelings, otherwise you end up dwelling on "what if" or "I wish I would have..." When I've been honest with others in my life, my job, or any other situation I have faced, I feel better about myself. I know I tried to help a situation the best I could and didn't hold back.

I think if you hold back how you honestly feel, life passes you by. This could be for anything, like how you feel about a person. Maybe you felt something for someone and never shared it with them. If that's the case, then how would you ever know how they felt? Maybe you missed a chance that they felt the same way. So, overall honesty plays a very important part in overall living well. If you can't live with your choices, thoughts or emotions and be honest about them, life is just passing you by. I have a ring that says "to thine own self be true," and I live by that each day. It makes me a better person.

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