

# LIV'N SPOTLIGHT



**ALLEY JEAN**



Alleyjean\_xo

**LIV'N**

YOUR LIFE · YOUR WAY



**HOW YOU LIV'N? WHAT DO YOU DO? HOW DID YOU GET STARTED AND HOW DID YOU GET TO WHERE YOU ARE AT TODAY?**

Fitness has always been a passion of mine. I like the dedication and discipline it takes. Competing mind fucked me and I'm finally to a point where I'm happy and healthy, so no complaints. Life is good. Full of ups and downs but learning to embrace the chaos. It's easy to get bogged down in the negatives especially with all of the shit going on right now. I strive each and everyday to find the positives even in the hard times. You'd be amazed at how that little shift makes big waves.



**WHERE DO YOU GET YOUR INSPIRATION FROM?**

My inspiration is my daughter. I want her to know and see that no matter the hand your dealt you are in control of the outcome.



**WHAT HAS BEEN THE MOST CHALLENGING PART OF YOUR JOURNEY?**

Remembering it's ok to not have it all figured out.

**WHAT HAS BEEN THE MOST REWARDING PART OF YOUR JOURNEY? WHAT ARE YOU MOST PROUD OF?**

I'm proud of the happy, smart fun loving little girl I am raising and the memories we have created.





## WHAT'S SOMETHING ABOUT YOU THAT NOT A LOT OF PEOPLE KNOW? WHAT MAKES YOU UNIQUE?

I have a sick obsession with fast food. 😊 Does that count? Ha. I think I'm unique in the sense that I invite challenges. It's a chance for new opportunity and a constant way to continue to grow and develop.

## WHAT ELSE DO YOU WANT TO ACCOMPLISH IN LIFE?

A lot, aren't we all? But I'm also enjoying where I'm at and how far I've come.



## WHAT'S SOMETHING YOU'VE LEARNED ABOUT LIFE THAT COULD HELP SOMEONE ELSE?

Forgive people. Even those who aren't sorry. Holding onto the anger and hurt only takes up space in YOUR heart.

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