

JAMIE

stories about the people, places & things i love

It's been a little over 4 years since I wrote my first blog post, and so much has changed. I've realized, though, that that's a big part of growing up—going through different phases and figuring things out; realizing that it's not a smooth ride 100% of the time. But I'm here now, and you're still reading, so thank you all for your patience.

I am back and more motivated than ever to share this newly improved (and more mature) platform with you all. I have put my heart and soul into every detail of this site and while it is not completely perfect yet, new features and tweaks will be continually added until it gets to that point. So, thank you in advance for bearing with me, I simply could not wait to share :)

As you might remember, last May I published a blog post that laid everything down, a post that I was proud of because it left me vulnerable and exposed (and I kind-of liked it). As a result, I received a type of engagement that I never had had before, a reaction from people that made it feel so good to share whatever I wanted to because I knew that someone out there would relate in some way.

A little over a year later, I still think back to this post and it was—really—my motivation for this next phase. The reaction received from this blog post has remained in the back of my head throughout this whole creation process, constantly reminding me of something important. This important “thing” is this: that a personal platform should be exactly how it sounds—it should be a portfolio of the people, places, and things that I love, the thoughts that I have, and the experiences that I have learned from and want to share. I feel very strongly about all of this because for awhile, a lot of things got in the way of me feeling good. Whether it was not having a positive self-image, being detached from the things that I loved, or feeling overwhelmed by my low confidence level, I felt almost as if these feelings were consuming me—and it was not healthy. I will be honest, it took me awhile to get over this hump, and while I am still not completely out of it, I have come out the other end feeling stronger (mentally) that I have in a really long time.

With that being said, more in-tune with myself than ever, I decided that what I needed was a fresh start with everything: my mindset, my website, my brand, and even my relationship with fitness. What I really needed to do was embark on a complete “re-launch” to bring my site (and brand) back, bigger and better this time—and fit for me to share anything and everything that I want to, in a casual or formal way. This is what my new-and-improved platform is for, then. It is the place where I will be completely real, where I will write about anything and everything that I want to, and where I will showcase the work that I've done with the people, brands, and things that have added something a little extra to my life.

This doesn't mean, though, that everything from the past is gone. That wouldn't be real either. Instead, however, everything on this new site represents a little part of who I am now. Every font is chosen carefully, every format personally designed, and every post written with the motive of sharing a piece of something that somehow or somewhere has given me some inspiration. So, a lot of my favorites from my old-site you'll still see on here.

Anyhow, I'll close with this: It is inevitable that you won't relate to everything I write about on here, but to be honest, if you did that would be a little scary. I do hope, however, that somewhere along the way I provide you with a little phrase, thought or relatable topic that creates a little spark inside you—a spark that motivates you to think larger, to work harder, to try something new, and to bring out your best self.

With that, welcome to the new-and-improved, www.jamiegrimstad.com.

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