

WORTH THE WAIT

THE BEAUTY IN-BETWEEN



ALICIA JAY

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Photography © 2020 by Alina Mamlyuk
Make-up in photograph by Nikki Notarte

Edited by Monica West
Designed by Sara Yonas

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First Edition

This is dedicated to everyone who is unapologetically themselves. It takes courage to become in a world that is constantly telling you who you should be. I celebrate your unashamed growth and unique roots. Continue to shine in your wait and thrive in your walk.

Mom, thank you for your remarkable love, endless support, and guidance that has given me the space to be who I want to be. Dad, thank you for showing me that I am the prize. You are always by my side and in the imprint of every step that I take.

Thank you to Alina, Remy, Nikki, Sara, Leo, Monica, Candice, Aubrey and everyone who helped bring my vision of this project to life. To my family, friends, and community who have helped me cultivate for the first 40 years of my life, thank you. I look forward to continuing to grow and change with you moving forward.

*Everlasting
thanks to
God, for
everything.*



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We are all waiting on something.
The moments of arrival are monumental yet brief. A vast majority of our life is lived in the periods of the wait in-between.

Worth The Wait is twelve moments of reflection on the beauty that occurs in-between the outcomes we are waiting for.

Experience these moments in your timing and order, express your reflections, and focus on the ways that are most powerful for you.

Intro



Have you ever baked a cake? There are dry and wet ingredients, rising agents, and numerous steps to get to the end result of a tasty slice of goodness. If you miss a step and underbake or overbake the cake, your end result will be completely different than what it should be. You must combine all of the ingredients in the correct order, and bake the cake in the correct time, to achieve the greatest outcome.

*Don't rush
the result.*

It's difficult to learn the lessons and wait for the vision to come to fruition, but you certainly don't want a result that is incorrectly developed. Every step is essential, and every moment is imperative, for the proper execution of the plan. The steps and the timing are enveloped in the wait for a reason. Embrace each lesson in its correct tempo for the outcome to rise to its fullest potential.

REFLECTIONS *and* FOCUS:



Social media is filled with projections of success. The bright, desirable spots are on full display, but real success happens in the building of the wins.

Moments of construction can seem dark. There is nothing to report and more often than not, our world does not understand or promote cultivation, but abundant wins will not come without the work and growth that goes into the harvest.

*You are
planted, not
buried.*

You simply cannot skip the step of being in the soil. You are building deep roots and everlasting fruit. Do not grow weary. In due season, you will reap the harvest of this essential period of obscurity.

Do not focus on the harvest alone. From the crack of the seed to the instant your growth breaks ground, nothing is wasted. The gorgeous process of becoming is one to be celebrated at every turn. Salute the soil just as you would the sky, for they are both essential.

REFLECTIONS and FOCUS:



We all have a path to tend to. Our paths are our own. They are unique and complex; they require internal work for beautification. Sometimes we run down our path vigorously. Other moments are far slower, and there are consistent periods of time where we wait. Often, we lose focus on our paths and fix our gaze on someone else's road because ours doesn't appear to be serving us.

Tend to your own path.

Comparing your journey to another's will always steal your joy. There is no comparison. Your path is unique. Everything that happens on it is crafted for your growth. Comparing it to anything robs your narrative of its magic and instruction. Center yourself in your story that is blooming right in front of you. Your purpose will not unfold on someone else's lawn. Focus on every blade of your grass to catch the full potential of its growth.

REFLECTIONS and FOCUS:



Rain is often connected to sorrow. People couple it with dismal days and cloudy skies. The same can be said of tears. They are portrayed as notes of pain and results of grief. While all of these are true, rain and tears are also used for cleansing and growth. They renew and build strength. Rain is imperative for sustenance and tears are produced from happiness just as often as agony. The expression of both emotions is indispensable in our story.

*Embrace
the rain.*

Without it, our stories wouldn't thrive, and our waiting wouldn't be watered. Pain amplifies joy. It has a place in your story, and it will fuel your development. Lessons birthed from pain are powerful. Thank the pain for what it has shown you, and use the lesson to fuel you forward to the next awakening. Nothing is lost. There is always a gain in every drop of rain.

REFLECTIONS *and* FOCUS:



Results are always accompanied by expectation. In the midst of our waiting, we worship our version of the payoff, leaving little room for the process to prepare us for the outcome that we are awaiting. Our focus lies on the end when it should be present at every twist and turn on the way to our destination.

*Stop
worshipping
the result.*

Having devotion for a single part of any process gives you blind spots. In order to see the full picture, you must embrace it holistically. The good, the bad, the work, the wait: they all require reverence. You will certainly miss the substance of a story if you only focus on the final chapter. Leave space for the outcome of your wait to develop in ways that you couldn't even imagine.

REFLECTIONS *and* FOCUS:



What does worry accomplish? Nothing. It's a distraction that builds anxiety and robs you of the clarity of the moment. Yesterday can't be changed, tomorrow is undefined, today is here.

Focus on the present.

If we let it, our wait can be filled with questions of distress that lead to nowhere. Focus on the truth of the current moment. Control what you can, and know that whatever you are facing is part of a divine plan. All of it is ultimately used for your good. While it may not feel or look like it, you are right where you are supposed to be. Stand tall in knowing that no matter what the current conditions are, every moment is mastered for you.

REFLECTIONS *and* FOCUS:



When you draft a solid plan, it's difficult to edit. We want it to look exactly like the map and hold on to the directions that we have carefully crafted. It gives us a false sense of control, and we hang onto our plans for dear life. When a pivot arrives, we mourn the old plan, fearing that it will increase the wait and ultimately cause us to miss the destination that we have decided will be best.

Invite the pivot.

Pivots happen whether we want them to or not. They are the systems that guide us to where we need to be. Often disguised as setbacks, they are setups for necessary building, placement, and refinement. Stop fighting them and let them show you the way. The lessons and beauty they provide are abundant when seen through the right lens. Meet them with excitement, for they are guides to steer you in the accurate direction.

REFLECTIONS *and* FOCUS:



Sometimes we feel stagnant on the staircase that leads to the success of what we are awaiting. We improperly discern that we have been stuck on a step forever when, in actuality, we are halted for a reason. Whether it be protection or preparation, the next move feels like it will never happen.

Be still.

Those moments of stillness and silence are pivotal in a season of waiting. They maintain a proper rhythm, provide space for healing, stall you from entering into destruction, and show you what's really important. Stillness is just as crucial as movement. Be still and let the order of things build around you, and heal within you, as they should.

REFLECTIONS *and* FOCUS:



People, places and things will constantly come and go. Waiting can become uncomfortable when something or someone we love, leaves. Instead of welcoming the space for fresh and new moments, we stare at the moment that has commenced, hoping to reverse the finality.

Stop staring at the closed door

Closed doors orchestrate your path in the same way that open ones do. Both are prompts to show you where to go. Turn and walk away from them towards your next opportunity for growth and promotion. They hurt but should not hinder. Thank them for their time and let them fall behind you.

REFLECTIONS *and* FOCUS:



We are complex people with a wide range of emotions. During a period of waiting, our emotions can be incredibly intense. The stillness and space allow us to feel things that have been masked in our busyness.

Feel the Feels.

Pinpointing what we need to work on emotionally is powerful. Meet these emotions. Sit down with them. Work on them and address what you are feeling. From therapy to self-reflection, waiting provides the space to show us what needs to be both healed and celebrated within us. Don't fight the feelings.

REFLECTIONS *and* FOCUS:



Waiting brings valuable lessons that are challenging. They are often uncomfortable, and our reaction is to reject them. Instead of lifting the brick to build our masterpiece, we throw it and continue to reside in comfort that holds us back from becoming.

Build your strength.

Every lesson learned in your time of waiting is there to make you stronger. It is a fact that pressure produces diamonds. Use the wait to build your strength and prepare for where your path will take you. Use the wait; don't let the wait use you.

REFLECTIONS *and* FOCUS:



Hustle culture. The more work you do, the more you are perceived to receive. Our world pushes constant toil, and waiting challenges the persistent activity that we are conditioned to crave. It shifts our focal point to aspects of life that we would not normally see in our addiction to continual movement.

Count what matters.

When waiting liberates us of this pursuit, our environment becomes clear; we see what is important and where we need to allocate our energy. Taking this inventory is essential in maintaining a true view of what exactly we are working for. Waiting allows us to view a clear path of purpose that we wouldn't have seen if we continued to hustle past it.

REFLECTIONS *and* FOCUS:





Stand tall every day,
in every way.
Love,
Alicia

WE ARE ALL WAITING ON SOMETHING.

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Worth The Wait is twelve moments of reflection on the beauty that occurs in-between the outcomes we are waiting on. Experienced in the order you choose, each moment in this reflection brings focus to the strength, courage and wisdom that blossom during our moments of waiting.



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Alicia Jay has overcome many challenges to stand tall in her truth. From bullying to depression, she has used every roadblock to build a bridge to empower herself and others. As a teen, Alicia endured ridicule for both her race and height. She believed the lies and hated who she was for many years. Over time, she built her self-esteem

and now shares her faith-built story with anyone that she can.

She created @TallSWAG to show others that they can do the same. She shares her story and path in many ways. From motivational speaking to writing reflections such as this one, she embodies the very thing that her younger self needed.