

SOMEDAY STARTS NOW

Lokahi Backstage - Episode 7 (Wendy Riddell) Companion

Build a Life You Love

Wendy Riddell's story is a reminder that the life you want isn't handed to you — it's built. Brick by brick. Choice by choice. Season by season.

Tenacity isn't loud. It's not dramatic. It's the quiet, consistent willingness to do the work that most people never see.

It's choosing to build — again and again — until the life you want becomes the life you're living.

Wendy didn't arrive where she is by accident.
She worked for it.
And you can too.

Think About This:

1. Where in your life are you relying on talent or desire, when what's really needed is sustained effort?
2. What have you walked away from too early — not because it wasn't right, but because it got hard?
3. Where are you being stretched right now in a way that might actually be preparing you?

Try This:

- ✿ Identify one place in your life that needs more from you — more consistency, more attention, or more follow-through — and commit to giving it that extra effort.
- ✿ Choose something you've been avoiding because it feels challenging, and do the next hard step. Not the whole thing — just the next one.
- ✿ Pick a goal you're working toward and map out what "extra" looks like — the early morning, the late hour, the uncomfortable conversation, the added practice — and choose one to act on this week.

From Me to You:

I've learned that the part no one really talks about is how much work a meaningful life actually takes. Not the glamorous work... the extra work. The unseen work. The work you do when everyone else has called it a day.

And I'll be honest — I'm a big believer in digging deeper, waking up earlier, and staying with something longer. Those moments have shaped me more than anything else.

We celebrate the athlete who runs the extra lap, but I've realized we all need our own version of that in real life — the willingness to stretch just a little further. Because in running — just like in life — most people stop when it gets uncomfortable. But if you keep going, that's where the pack thins out. That's where fewer people are still in the game. And that's where your practice starts to pay off.

That extra effort.
That's where people are set apart.
That's where tenacity becomes a way of life.

And from everything I've lived and learned... that's how you build the life you love.
One extra lap at a time.

LŌKAHI
BACKSTAGE
with Jamie Ann Blakeman