"You can't stop someone who knows where they're going."
When a person is willing to live their life with purpose and understanding they allow for their life to continue growing no matter what comes their way. People who know what they want in life don't look back with anger or regret, and they don't try to look into the future as if they are scared of what is to come. They are able to understand that while they know where they are going, they can only move forward by handling what is going on in the present.

When someone is present and completely aware of what is around them, and where they are going, they have something that many of us don't, an unbreakable sense of hope and belief. It is with the right preparation of mind, body, and spirit, that a person can seemingly achieve these high levels of being that allow for them to be shielded by the normal wear and tear that life inflicts on people without it.

Source: [here](https://tiest.staff.ipb.ac.id/2015/01/27/cant-stop-someone-knows-theyre-going/)
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