



Tasha Lawton

What is your favourite part of being a Queenager?

The freedom. Not the concept of it, the actual, felt, in-your-body experience of it. There's also a confidence and stillness that comes with this stage that nobody warned me about, the kind that isn't loud or performative, it's just... settled. I know who I am. I know what I bring.

Life isn't always kind. If you're happy to share, what has been one of the toughest parts of your journey and what helped you through it?

Severing my relationship with my mother. Finally finding the courage (after decades!) to walk away from something that caused pain at every single phase of my life. It was also the greatest gift. Because in losing that relationship, I found my boundaries. I found my voice. I stopped people-pleasing like it was oxygen and started actually trusting myself.

I've done an enormous amount of self-growth work and therapy over the years, and at some point I had to stop treating that as evidence that something was wrong with me, and start treating it as evidence that I'm a pretty switched-on person who knows when something's off. Not because I'm broken.

Because I'm right. Learning to trust that distinction changed everything.

What has been one of the most joyful moments of your life so far?

Realising I get to give my kids something I never had. Unconditional love, the real kind, with no strings, no agenda, no quiet expectation that they'll be who I need them to be. I see them. I accept them. Exactly as they are. And I am so genuinely, ridiculously proud of the humans they are becoming, not because of anything I achieved, but because of who they chose to be. That's not my win. That's theirs. And getting a front-row seat to it is the greatest privilege of my life.

Who are the women (or people) who have made your life better and why?

The ones who told me the truth when I didn't ask for it. The ones who sat in uncomfortable conversations without flinching. The ones who modelled that you could be soft and strong, funny and serious, messy and capable, all at once.

I collect those people like they're going out of fashion!

What words of wisdom would you share with younger women, and what are you most looking forward to in your own future?

Stop performing competence and start building it. They look similar from the outside but feel completely different on the inside, and you always know which one you're doing.

Be honest. Even when it costs you something. Especially then. And don't wait for uncomfortable conversations to find you, go looking for them. Get curious about the things that make you want to look away. That's almost always where the good stuff is hiding.

What am I looking forward to? Growing even further into myself. Letting go of even more.

Finding new ways to scare myself a little more (in the best possible way)! And laughing even more.

With my kids and my friends, who are, without question, two of the greatest things that have ever happened to me.

And one final sentence:

Being a Queenager means...

Finally trusting the woman you had to become.

