

When Your Life Hasn't Turned Out the Way You Wanted

"Things do not change; we change."

-Henry David Thoreau 1817-1862

What do you do when you wake up and realize that your life would be so much better if you had only made different decisions? How do you handle the reality of the loneliness you feel because you chose not to marry, you ended up divorced or you chose not to have children? How does it make you feel to need more money and to wish you had a better job, and what if it's compounded by the fact that you chose not to go to college? Or, how do you lose 100 lbs.; when 50 lbs. ago it would've been a heck of a lot easier?

You simply have to start from where you are right now. You have to take the first step to right what seems to be impossible before you go deeper into the hole that you have dug for yourself. It is never easy to face the harsh reality of the pain that is inflicted by poor choices. Plus, there is undue stress and pressure when dealing with the consequences of those choices. The sad part is at the time you may have felt that it was the best choice for your circumstances; only later to find out how wrong you really were.

Life has a way of sneaking up on you. All of a sudden you're older than you ever remember being; you don't have the kind of money it will take for you to retire; you don't feel like you have the energy to start all over again in a new relationship. You are smack dab in the middle of a crisis, so, what do you do now to change things? One thing is certain; if you don't do anything, you will continue to stay stuck exactly where you are today.

When it becomes painful enough; when you know you can't continue to go on in this vain; hopefully then you will make the decision to change the unwanted circumstance. Going forward; the difference you can affect in your life will be worth the effort. First, decide what it is that you need to change; what it is that you want to be different. Then, make a plan as to what one thing you can do, starting now; that will move you in the direction of making a better future for yourself.

Now is the time to set a goal to make little changes everyday that will allow you to eventually make a big difference in how you experience your life from here on out. Whether it's to lose weight, find a new love,

get a better job; it's up to you to find a successful formula that will bring you closer to living your life with more fulfillment and peace.

At any moment we can change our minds. We can change the way we do things if what we're doing isn't working. Sit down and write out your goals. Determine where you want your life to go from here and every single day stay focused on doing at least one thing that will allow you to accomplish whatever it is you truly desire. The only thing holding you back is your belief that you are not capable of making a change. Rid yourself of that negative, limited thinking.

If your life hasn't turned out the way you wanted; pick up the pieces and begin to put it back together. You're the only one who can make a difference and what you will discover is worth it.

Read more about it in the book, "The 7 Keys to Unlock the Power Within You" found at: <http://www.susanrusso.com>

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