

HOW TO STAY UP WHEN YOU FEEL LIKE GIVING UP

Do you sometimes feel like giving up? Does it seem like the journey is too difficult and that everyone is out to get you? Do you just want to lie down somewhere and hide from your troubles? Do you often wonder when is your ship going to come in? It seems like everyone around you is managing life just fine, but for whatever reason, when it comes to you, trouble seems to last always. As soon as you put out one fire, the next blazing inferno grabs hold and won't let go. Whenever "life" gets in the way, remember that life is ten percent "what happens" and ninety percent "our reaction to it."

We have no control over the circumstances that occur in life. What we fail to realize is that we have choices, and our choices will shape our destiny. Change is inevitable, and when we learn to embrace change, rather than resist it, we thrive, grow, and prosper. It is amazing how resistant we are to change when change is one of the few things in life that is constant. We create a negative fortress and comfort zone for ourselves when we resist change. This does nothing but hinder our growth.

The first step to ensuring your life has purpose and meaning is to ask yourself three questions:

- 1- Happiness is _____
- 2- Success is _____
- 3- My most satisfying life would be _____

Once you answer these questions, you can design a life of purpose, meaning, and fulfillment. When we float through life allowing it to just happen, we are victims of negative beliefs, emotions, and we attract exactly what we don't want.

Learn how to set goals. Having goals is crucial for accomplishing something meaningful in our lives. There are tons of resources available to help you in this endeavor. If there is something you've always wanted to do, now is a great time to begin. You are never too old to begin. "*It is better to wake up late and be wide awake than it is to wake up early and be half asleep.*" Don't worry about trying to do it all immediately. It takes time and effort to accomplish goals. One percent of action is better than 100% of intention. So what are you waiting for – get started today! Reach for your future with a smile because success is waiting for you.

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