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Does Your Life Plan Make Sense?

All of us generally have some plan that we are following through life. Even if you do not have a plan and you just drift from one thing to another, this is a plan to not have a plan. The thing that is interesting is that often we never stop to look at what we are doing and ask ourselves if it makes sense. On the surface it may appear that our planning is "logical" yet what I am asking is does it really make sense for you? The only real way to answer this is to pause and look into your heart. How does your current course of action make you feel? Does it fill you with energy or does it feel all jumbled and perhaps chaotic? Have you really looked at where you are going and are you excited and happy about going there?

What do you do if you discover where you are headed is not what you really want? Is there any hope or do you just have to keep on the path that you are on? The good news is that there is always an opportunity to change your path and change where you are headed. The bad news for some of us is that it may require some work, some digging down inside ourselves to discover who we really are and who we are changes a lot as we go through life, so this needs to be an ongoing process. Sometimes the one thing that we are most afraid of is ourselves. Going inside and facing who we think we are can be a terrifying prospect. However if you chose to do this you might discover that you are someone completely different than you thought. You might discover that down deep you are a pretty neat person with some really great ideas and thoughts. Yet it is fear of the unknown that keeps many of us from crossing into that scary, dark territory of who we are. We are afraid that we already know who we are and we may not want to risk discovering we were right. If you are having these thoughts as you read

this, I can say for certain that your worst fears will NOT be realized.

What you fear may just be a thought that you have said over and over to yourself. It is not really you. It is just a thought that was planted inside you. Perhaps you came into this life with it or perhaps a long time ago someone said it to you. All of that does not matter. What does matter is that you realize how much it is holding you back and how much power it has taken from you. By discovering your deepest fears you unlock a doorway to what you really want in life. If you leave that scary door closed all your life you may never really get to what you desire the most and life may not feel complete and full.

Please call me if you are stuck and let's see how to get you started.

TAKE ACTION

Step into your life this month. Ask yourself: How well do I know myself and am I afraid to look deeper inside? Do I like where my life is going?

Create opportunities to find out more about yourself. Start by listing ways that your life feels like it is not working. What needs to change: your attitude or your current path?

Spirituality = the hope that runs through our lives that helps us connect with the vitality and importance of all living things.

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