

OVERCOMING CHALLENGES

Re: Quotes: “Another reason that life does not get simpler”- Andrew Matthews – Book-
Follow your heart

“When things are too easy, we look for more problems. We say to ourselves “I can do this with my eyes shut! I need a challenge” When life gets too simple, we start a family! When the house is paid off, we buy a bigger one! It’s not just the world that complicates our life, we do.

“You reap your harvest after you do the work” You dig the soil and water the seed (effort), wait a while (patience) and then you pick your beans.

Effort + Patience = Results – you can’t reverse the process although many people have tried:

Examples: “Promote me, and then I’ll quit sleeping on the job”
“Pay me more and I’ll stop being sick”
“If I had a good marriage, I’d be nice to my husband”
“If I had a decent job, then I would really work hard, but all I do is.....”

All negative expressions – If you are unhappy with your life or it is stagnant, you need to look at what you are putting in.

You never hear anyone saying “I rise at dawn, I’m exercising my body, I’m studying, I’m nurturing my relationships, I’m putting maximum effort into my work and NOTHING GOOD is happening in my life”

Your life is an energy system – If nothing good is happening in your life it is your fault – Once you acknowledge that your input shapes your circumstances, **you cease to be a victim.**

The universe rewards effort, not excuses:

Eg: Client is struggling to comply with the budget boundaries. You note that in twenty years of working, clients have managed to save two dollars.

There excuse is: “if I had a million bucks, I’d pay all the bills”

Wrong, the clients mission is to learn to save ten dollars, then a hundred dollars and then thousands – he can work his way up to a million”small steps.....effort required not excuses.

No effort is wasted:

Example: Take a block of ice that’s been frozen to minus fifty degrees centigrade, and start heating it. For some time, nothing happens. Lots of energy with no visible result. Suddenly, at zero, it melts, Water!

Keep heating. Again lots of energy and no excitement. Then, at around one hundred degrees centigrade, bubbles and steam! It boils!

The principle? It’s possible to put lots of energy into something eg. A block of ice, a project, a career, a budget – yet it seems like nothing is happening. Actually your energy is already producing change, but you just can’t see it. Continue to put the energy in and you will surely see a transformation.

Remember the principle and you don’t panic so much – and you don’t despair.

Life happens in waves – and a budget assists us with those waves. When you strike a month without waves, put something aside for the next wave – all waves are temporary.

What is true today will not be true tomorrow. What works today, may not work tomorrow. The only constant we have is change. Everything is moving – Happy people do not just accept change, they embrace it. They are the people who say “Why would I want my next five years to be like my last five?”