

Nothing Changes Until You Change

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How many days have you lived this year? No, not the number of days to date in this year. The number of days you engaged with life and lived it.

Often, we don't change, we go through the routine of life, one day exactly like the previous one. If we don't change, if we follow the routine day in and day out, we are living one day over and over.

Living one day over and over is not living, it's not engaging in life, and it's not taking advantage of the time given us on earth.

Life is to be lived, to be embraced, and to be used.

If we don't change nothing changes. If nothing changes, we don't grow, we don't learn, and we don't take advantage of all that is offered to us. We waste time, and time is all we have.

Change. Change your routine. Change your habits. Change who you are and who you believe you are. You are who you think you are. So, change your vision of yourself and all else will change.

We live our vision of who we believe we are. If we believe we are learning, growing, and advancing, we will. We will do those actions needed to prove to ourselves and the world we are who we believe we are. Hence, with the right vision, we engage with life, we enjoy life, and we live it to the fullest.

So, who are you? What is your vision of yourself? If you don't like where you are, or what you are doing, realize that it is because that is your current vision of yourself.

Yes, you can change the vision of who you are. You can change it in

an instant, and then you can and will live to that vision, making the change necessary as long as that vision is strong enough and you believe it.

Notice your peers who have achieved success. Are they smarter than you are? Better looking? Harder working? Probably not. But, how did they achieve such success? It wasn't luck. It wasn't that they were better than you were.

It was their belief, the belief in who they were. They just changed and did what was needed to live to that vision. That is all you have to do.

First is the belief. Second is the change. Now if you have the belief and your actions are not taking you in the right direction, it's just an indication you need to change your actions. Change your actions until they produce the result of who you know you are.

I knew, I believed I was going to sell my business and become a writer and coach. It took a year longer than I expected. The year felt like ten years. It dragged, I wondered, and I even began to question. Yet, I knew I would sell it, and I knew it would work out.

It did, just not as fast as I would have liked. Yet, in the end, it was the right deal and worth the wait.

Change, but don't force it. Change, and allow the wheel of good fortune to catch up.

You can't change your eating and exercise habits and expect to be thin and toned in a week. It takes months and months. Yet, it works, with the change you make progress each day. Finally, you look in the mirror, see the change, and you are pleased.

Change and things will happen. Change and your world will change to the one you envision.