

Is Your Life On Hold Waiting for Him or Luck?

by Gloria Thomas-Anderson, PhD, LMSW Columnist of: Inspiring Insights For Your Soul and Spirit!

There's a prevailing fairytale that says, "Wait on your ship to come in" or "Wait for your Prince Charming to come knocking at your door". Some women have been waiting for a long time and no ship or Prince Charming has arrived. Waiting for someone or something to charge your battery in life can rob you of the limited time you've been given to live your best life.

WHEN is it the right time to make a change, go for your passion, or do something that you've longed to do? IF nothing were in your way to make it happen, would you be able to do it?

I ran across a quote that said, 'When "IF" and "WHEN" are planted, "NOTHING" grows'. We can unknowingly put life on hold waiting for the right circumstances or the

right person. Saying things like, "When I get the money, then I will..." or "If my circumstances were better, I could..." or "When the right man is in my life, I can..."

So many times in life we put off going for a goal we have or a dream that won't let go of us because it seems like things are not in place yet. No one wants to look back over their life and regret what they see.
Unfortunately, too many people do.
Life is too short to wait for the "When" and "If" to happen.

Instead of saying "When", ask yourself "How". How can I get the money? How do I prepare myself right now? How do I proceed without expecting someone else to do it for me? Instead of saying "If", ask yourself "What". What do I need to

do to make this happen? What can help me do what I want to do? What steps must I take to be responsible for my own well-being?

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Think "How" can I do it and "What" can be done about it when you look at your circumstances. Go ahead—create new memories, act upon your dream—however small the steps may be. Release the fairytale and start planting a living hope of possibilities within yourself!

Let's take it a step further by creating a new quote that says, 'When "HOW" and "WHAT" are planted, "SOMETHING" grows!' That "something" may be just what you need to increase your confidence and achieve some "thing" that matters to you.