

The Four Pillars of My Life

1.) THOUGHTS ARE THINGS

We are our thoughts. We are what we believe we are. Isn't the mere thought of these two statements scary? Read them several times. These two phrases can be either very positive or very negative. If we believe we are okay, that life is good, that we are all that we can be, that we are healthy, that we are successful, then we are. If we believe that life sucks, that life is not worth living, that people are bad, that good things never happen to me, that life is hard, then this is our truth. Ponder this. This leads us to the next pillar.



2.) YOU HAVE CHOICE



Whether we recognize it or not, we have choice. What is choice? Choice is the ability to select from a list of alternatives. You always have a choice because there are always alternatives no matter what the situation or problem is. We have a choice with regards to our circumstances, yet some of us choose not to recognise that we have choice. It is easier to play the "poor me" or "victim" card than the "ace of spades" the card that allows you to become who you truly wish to become, once you have applied this pillar called choice to your advantage. Choice looks like saying "this is my circumstance today, and only today, I will choose anew today to make tomorrow look different". Yes, you do need a plan and an attitude change to do this, however the first step is in the act of "choosing" to choose.

3.) EVERY DAY IS A NEW DAY

This pillar is about letting go and not sweating the small stuff. Every day indeed is a new day. A new opportunity to have life be different, to smell the roses, and to have life be all that it can be. Do not bring yesterdays problems into today. As an issue comes up into your life handle that issue, do not let it fester and ultimately become something bigger than what it started out to be. Every day when you wake up start by saying, "this is a new day, I love life and I love all that it stands for, life is good".



4.) LIFE IS GOOD!

I personally love life. Yes there are better days and not so good days, however one cannot expect, during a lifetime of living, not to have some of each. Life is balance. A balance of all things that life has to offer. There are many opportunities within that one lifetime. Do not be afraid to venture forth and seek out and discover what life is all about for you. After all, you can be blown away by a tornado while sitting in the secure comfort of your home. There are no money back guarantees to life. The choices you make cannot be judged to be right or wrong, they are just choices. Know that at any time that you can choose anew to adjust any previously made decisions.

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