

Sometimes
You Have To

**TAKE A
DRASTIC
STEP** To

*Turn Your
Life
Around*

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*"If you keep on doing what you've always done, you'll
keep on getting what you've always got."*

— **W. L. Bateman**



How do I get There From Here?

**I MUST CHANGE! I CAN CHANGE!
I WILL CHANGE!**

I. Be honest with yourself!

Do not deny the truth. No matter what that truth is, acknowledge it for what is. That is the real overweight me in the mirror; I did not get the job because I am not qualified; I need to update skills; I have not put in the necessary work; I want to change careers; I want to go back to school; I want a life partner; I can be a good single parent; I can recover from depression, or diabetes, or cancer; I can be healthy and have healthy relationships.

**SOMETIMES FORWARD MOVEMENT
CAN ONLY BE MADE BY BACKING UP TO
CHANGE DIRECTIONS!**

II. Listen to the voice inside!

Most of us know the difference between right and wrong and some of us lack the power to listen to the voice of our own wisdom. Listen carefully and know that you can trust your judgment to do the best thing for you. When you begin your sentences with “I’m sick and tired” ... Listen! When you think “I should have,” change the thought to “I will.” When you think that it’s “everybody except me,” believe that it’s “everybody and me.”

**MAKE A COMMITMENT TO PURPOSE AND
SEE THE FRUIT OF YOUR LABOR!**

III. Make a commitment!

When you are committed to change and making drastic steps to affect that change in your life, it will happen. Commitment means doing your homework and following through. It means saying no to instant gratification and an end to constant doubt. Commitment means going to bed late and getting up early. It means being first and last and everything in-between. If it’s something that you absolutely must have; a goal, a life-long dream, a job, a new direction, a greater purpose, an education, a healthier you, responsive relationships or a neatly trimmed lawn, it will take commitment.

**WITH FAILURE THERE IS RECOURSE;
GIVING-UP IS FATAL!**

IV. Execute - Don't give up!

Most things that are worth having take time to mature. A college degree takes four years when you are a traditional degree-seeking student and four-plus years if you are non-traditional. You will find that perhaps you like English Literature and are therefore able to contribute to discussions in class and anticipate a grade of "B" or better on finals. But Statistics is like a foreign language to you. You struggle even after you join a study group and devote more time to the effort and in the end, you get a grade of "low C." Giving up is not an option because you will need to pass Statistics in order to receive the degree.

Understand and recognize the difference between getting sidetracked and giving up. No matter what you do, life happens and sometimes we absolutely must heed the call. Children get ill, parents die, and friends need our help. We have to be supportive to our loved ones as much as we equally need their support. Postpone or delay to fulfill that need and as soon as you can, return to the purpose at hand.

**CHOOSE A HIGHWAY TO YOUR GOAL;
TAKE DETOURS IF NECESSARY!**

V. Explore your options!

Have a Plan A, a Plan B and, if necessary, a Plan C.

My grandmother believed that there was more than one way to skin a cat. Take drastic steps to achieve your goals. There is very little under the sun that's truly new. Learn the good and bad things from those who've gone before you and getting what you're striving for will be easier.

Drastic steps? For sure!

**BE AFRAID OF WHAT WILL HAPPEN IF
NOTHING CHANGES!**

VI. Release the FEAR!

We are all afraid at one time or another. Recognize that and let it become your friend. Who among us have not been afraid to get biopsy results when we had the feeling that something was wrong? Not many, I'd dare say. But had we let fear rule, it would have ultimately dictated the outcome of our very lives. We cannot allow fear to paralyze us into inaction. Healthy fear keeps us from playing in traffic. It keeps us from willfully touching a hot stove. When channeled properly, fear can be a catalyst for change. Use it to your advantage.

**ENJOY THE SCENERY ALONG THE WAY,
REVEL IN THE DOING!**

VII. Experience freedom!

You will now begin to experience the freedom of choice. You can be anything you want to be. You can

do anything you want to do. You now have choices to make. When life gives you lemons, find a variety of things you can make! Lemonade is just one of them!