

ONE THING

If there was one thing you could change about your life right now; what would it be?

Reflect & answer these questions:

Why would you like to change this?

What would it take to change it?

What is in the way of making a change?

What is the mental and emotional result of not making this change?

How would your life be better if you were able to make this change?

After reflecting and answering all these questions and assuming you still want to implement this change;

What would be the 1st step you would need to do towards this change effort?

When and how could you make this 1st step?

We naturally resist change, even if it means we would be healthier and our life style would be less stressful.

Significant people in our lives can unwillingly make it hard for us to make a change.

People naturally choose the current status quo instead of having to alter daily schedules, habits and lives.

If you are going to go after making this change, you will need to first prepare your support people, information and resources that will help you face obstacles that likely will occur.

Maybe think, who could support you and be there for you in this season of change? What could you read, listen to or watch that would give the courage and comfort to make these changes. There is strength in these resources we can access to help us face challenges.

As I have said before, our lives are our own, to guide as we see fit. Making necessary changes towards healthier habit in our personal life, relationships and communities will be necessary from time to time.

It is a good thing to evaluate and discern what could and should be different in our lives now.

My hope if you will be able to define and walk forward into the necessary steps that will make your quality of life better.

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