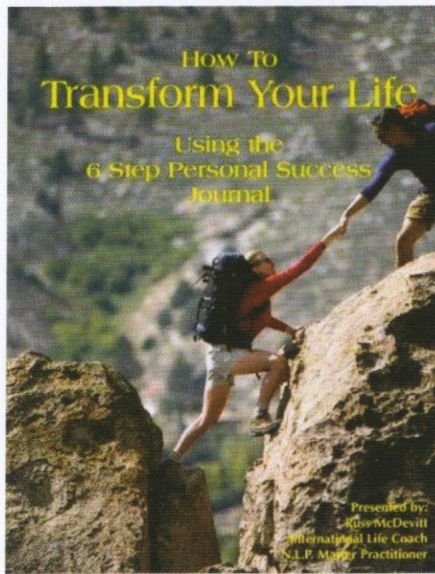


IF IT'S TO BE . . . IT'S UP TO ME



~By E.J. 'Russ' McDewitt

The exciting thing about being human is that every new day presents fresh opportunities to make changes and take a different direction in life.

Sure, there may be a million reasons or excuses as to why you can't or shouldn't, but there's only one reason why you must fight off this inertia and start taking control of your life... right now, today!

You only have one life, and built into this sacred trust is an obligation to discover the real authentic you and your limitless possibilities, otherwise you run the risk of ending up at the end of your days, joining the 'Tony if only' club, blaming everyone and everything for your lack of success in life.

You see, every action we take is governed by a fundamental set of beliefs that either act as a positive factor in our lives, or a negative undertow that sabotages our every effort to change. If we don't take

control of the direction we are going in, life by default does it for us, and we may not like the direction our lives have taken, or where we end up.

For sure, if we keep on doing what we've been doing, we are going to get more of the same stuff dumped on us. Apathy tends to creep in and we end up saying, "What's the use in trying to make things different...it never works out anyway."

Our subconscious, which is on duty 24 hours a day and which believes every word we say, decides that this is what we want—more failure, and looks for ways and means to reinforce our commitment to a mundane, uneventful and miserable life.

It reminds me of a story I heard some years back. It was about a young man who went to live in a desert community. He decided to buy several containers of green paint and proceeded to paint the soil in front of his house a bright green color.

When asked why by his by his neighbors, he replied "Because everyone knows you can't grow grass in the desert".

His neighbors laughed among themselves and each time anyone asked him why he was doing it he replied; "Because everyone knows you can't grow grass in the desert."

One day a neighbor, out of pity, took him aside and asked him;

"What's the number one sport in Las Vegas?"

The young man considered this for a moment. "Golf," he replied.

"And where in Las Vegas?" the man asked.

"In the desert."

"Then why have you never planted grass?" the man asked.

"Because you can't grow..." the young man replied, "...grass in the desert?"

So, more than six months have passed in 2014 and is it possible that you are still painting over the dull, boring, non productive areas of your life, instead of starting to *plant some new seeds?*

Where do you start? With a complete overhaul, or one step at a time?

The brilliant sculptor Gutzon Borglum, (1867-1941), was famous for carving out the National Memorial of the massive faces of the four U.S. presidents on Mount Rushmore, South Dakota.

When his housekeeper gazed up at it she gasped "How did you know Mr Lincoln was in the rock?"

If we could only gaze up and grasp what's in our 'rock', just waiting to be carved out, what might our perception of our *real* potential reveal?

We all have gifts and talents that only need nurturing, which could literally lead to the dawn of a bright new tomorrow for ourselves and our families. Anything and everything is possible, if you start to believe that it is!

You know you need to make changes. It starts with a decision to change. A decision that has to be yours, and not someone else egg-ing you on.

Experience has probably shown you that this doesn't work for very long. Okay, some people need to have the challenge of a massive makeover. If that is what it takes for you, fine...go for it!

***Golden rule number one is—
'Write it down', and read your goals every day.***

Number two is; Get someone that you can be accountable to on a weekly basis.

A life coach can be a huge positive influence in this, helping to highlight what you achieved/didn't achieve; what you plan to do to catch up, or (being optimistic) how you can ramp up the plan because you want to improve more areas of your life.

A small aside here, since so many people are trying to lose weight as one of their priorities, Paul McKenna PhD, in his book ***'I Can Make You Thin,'*** maintains that when you diet and starve yourself, your body freaks out and goes into survival mode, because it

thinks there is a famine, and starts storing fat in your cells, just in case.

As an International Life Coach for 15 years, I have found that starting small, works better for most people.

Send some positive messages down to your sub-conscious, like throwing out all the clothes you haven't worn in the past two years (or give them to a charity), tidying up the garage, or clearing out the junk food in the fridge.

Your subconscious then starts to take note. It says, "Hey, this person is really serious!" and starts supporting your every effort to change.

Finances, being such a crucial area for future mental and emotional peace, here's some important advice:

Sit down with your partner and figure out between you--

1. Where are we now? (financially).
2. Where do we want to be?
3. What are the different ways of getting there? (Access and intensify the emotions and feelings associated with achieving your goals.)
4. What's the best way for us right now?

Next, get some advice from one

of the extremely helpful financial planners at either a Bank or Credit Union.

Build some fun into your life and get out and meet people.

Start doing something different—take up a fresh interest and be prepared to challenge yourself.

There are loads of opportunities around the Interlake to do Yoga or Tai Chi, learn a musical instrument, or a language, or even join a walking club in the summer.

If you ever had a leaning towards trying some of the arts, there are a whole slew of highly talented people living locally, who would be delighted to help you. What about joining the Interlake Writers group and get some mentoring in writing that book you've always thought about?

If you're a senior there are many opportunities at the New Horizon's 55+ Centre or the Legion, for pleasant company or more energetic interests.

You can now bring your children or grandchildren to Irish Dancing classes at Winnipeg Beach. You could join Toastmasters and get the confidence to start a small business, or volunteer to join a committee or a charity organization.

Life is for living...reach out and grasp it! The world is your oyster! Remember:

If it's to be, it's up to me!

E.J. Russ McDevitt is the author of 'How to Transform Your Life using the 6 step Personal Success Journal' and 4 action novels in the Quigley series. These are available on Amazon and in leading book stores. Visit his website at www.russmcdevitt.com for details.