

When Your Efforts Are Working For You

I don't really have the right words to start to describe what it feels like when things start to come together for you but I can say that you can't miss it when it's happening. So why bother to talk to you about it, well, I don't want you to miss any opportunities that come along with it.

You see when you are in a struggle about what your priorities are and whether you are brave enough to step out of your comfort zone and make changes to your life it is very difficult to get enthusiastic about anything much. Mainly because you feel like nothing is really working. This can actually lead to you feeling very tired all the time no matter how happy you believe you are. In turn you can end up sick, yes, picking up all the bugs around you because this drain on your energy also drains your immune system and so you get caught in a vicious circle. Then you just feel you can't be bothered striving for anything much and work is just a drag.

Well sit up now and take notice because when you have made the decision about how you want your life to move forward you will find that suddenly you have energy. For some reason the world around you starts to appear more colourful and clear. This feeling then in turn will push you forward with enthusiasm. That's when you know the decision was the right one for you.

Now you take a step back and take notice of what's going on around you in your world. Are there people turning up who have the same interest as you? Is there

information coming your way, unexpectedly, that can help you move forward with your plans? Are the steps you planned to take starting to become more achievable? Somehow are you actually able to find time to move things forward?

This is what happens when the decision you have made is the right one for you. How that feels for you will be energising and satisfying and because you know that it is the result of your own efforts you will feel stronger and more confident. You can really believe in yourself and this in turn will give you more energy to move forward.

When you make an effort to take that step out of your comfort zone you will find the help you need to support you and move you forward. Just look around you. That's when the opportunities you need will turn up, in all shapes, people, thoughts, time, space, everything and anything. Be on the alert and don't miss them because they don't walk up and say I'm here to help you. You have to remain focused on your goal and be tuned in for those things that will be in your interests.