

If It Works, Do It Again. If It Doesn't...Stop!

Deciding what to do when your life isn't working

By Paul J. Meyer

In another ten years, if nothing changes, you won't have to worry about how to invest your income. Any "extra" will simply go to higher taxes in order to take care of more and more people. You won't have to worry about setting any goals. The government will tell you what to do.

Why? Because people in droves are abdicating personal responsibility, handing over their future to the government, to their boss, or to just about anyone and anything that requires very little of them. However, expecting someone else to carry you through life is the height of irresponsibility and the surest road to misery and unhappiness. I know one thing for sure:

If someone has the power to give you everything you need, they have the power to take away everything you have!

The common thread running through much of our society today is summed up in the words, "It's not my fault." The finger of blame for every dissatisfaction, for every perceived or actual lack points everywhere but at the person truly responsible. That person is YOU!

Tough though it may be to hear, the problems in your life are not anyone else's fault. You may have been presented with a set of circumstances you could not control, but what you do in response is totally up to you. You get to decide whether the hand you were dealt spurs you on to overcome and succeed or keeps you forever mired in self pity and defeat.

But I have feelings!

One major problem is that many people are simply controlled by their feelings; in fact they've made them Chairman of the Board. They are tossed to and fro by what they are feeling at any given moment, often complaining that this person or that person "makes me feel inferior or angry" or a dozen other reactions.

The fact is no one can MAKE you feel anything! If you feel inferior, for example, you've acquiesced. You've given over to someone else's opinion or careless comment. As Eleanor Roosevelt was known to say, "No one can make you feel inferior without your consent." In other words, your feelings are your personal responsibility.

It really is all in your mind.

Whatever you think about, you believe. If you are constantly thinking negative thoughts like "I can't" or "I'm just a victim"

then you will remain frustrated and stuck, always complaining that some outside person or event is ruining your life.

When you have strong negative thought patterns you begin to confess things aloud that affirm your victim status. And when you continue to say you are a victim, that you have no control over your life, then you avoid taking steps on your own behalf. As a result you become more and more dependent on what someone or something else does or doesn't do for you. You're trapped.

You have to take action!

It is absolutely imperative that you take action on behalf of your own life! You can't wait for someone else to cheer you on or do it for you. You can't wait until there are no risks involved; anything you do, including driving your car to the local store, involves a risk.

You must begin with monitoring your thoughts, then deliberately re-programming yourself with positive, upbeat statements of "can-do." Write out some great affirmations and read them aloud each day. Avail yourself of books and CD's that fill your mind with positive messages. Over time you'll find your thoughts are changing, becoming more positive and forward thinking.

Never compare yourself with others. It can slow you down or cause you to become discouraged. Only evaluate your actions against the standards or goals you have set for your own excellence. Compete with yourself!

Don't be controlled by a time clock; arise to meet the need as demands present. Be inspired by the words of Winston Churchill: "It's not enough to do your best; sometimes we have to do what is required."

If It Works, Do It Again. If It Doesn't...Stop!

When I first worked in the insurance business many years ago as a young man I was able to close very few sales. Did I get discouraged? Did I give up? No! I kept trying different approaches, learning new methods of presentation, improving my communication skills. I simply concluded: If it works, do it again. If it doesn't, stop! You can do the same.

When you find something that works, keep doing it!

When you find yourself struggling with something that is not working; stop!

"You get to decide whether the hand you were dealt spurs you on to overcome and succeed or keeps you forever mired in self pity and defeat."

Paul J. Meyer, best-selling *New York Times* author and founder of the Success Motivation Institute has written 24 full-length programs plus numerous books on attitude, motivation, goal setting, management, leadership, and time management. In his inspirational CD, *Accepting Personal Responsibility*, available at www.pauljmeyster.com, Paul explains how taking charge of your own life can steer you off the Boulevard of Failure and place you full speed ahead on the Highway to Success!

