

LIVING THE LIFE YOU CLAIM TO VALUE

B Y L E O L A M O T L E Y

People's values and behaviors don't always coincide with each other. How often do people claim that being healthy is important, but do nothing to stay healthy? People say being productive is important, but they wait until the last minute to do things. They say family and friends are the most important things to them, but they do nothing to maintain their relationships. Goals are made, but procrastination sets in. To-do lists are written, but nothing gets checked off. The intention is there, but the follow-through is missing.

I have been guilty of these things myself. As humans, we get caught up in life's hustle and bustle and lose sight of what's important. The best thing you can do to overcome this is to make progress and achieve. Imperfection is not a disease; whereas perfection can make you emotionally ill, cause an unhealthy energy level.

It requires work to go from being stagnant to productive. Being productive requires a lot of work, and it goes hand and hand with achieving. Believing in yourself, being motivated, and determination are the steps that are needed to achieve.

As a child, I was always told the things I couldn't do; this festered like a sore, and coincided with me wanting to achieve. Achievement comes from overcoming life's unpleasant, daunting challenges, and the power from within oneself to achieve. Achievement is giving meaning and purpose to life and living it to the fullest. You must be in control of your destiny; no one can do it for you. Take a deep look at yourself and decide how you will live your life.

How many people do you know who are successful and happy, simply because they have overcome many of life's hurdles? What sets an achiever apart from a non-achiever and are you an achiever, or are you stagnant in life?

Not achieving is like being dormant in life. Being dormant is not the answer. The answer is grabbing life by the throat and saying you're coming with me and mean it! Believe in yourself, and you will be successful in life. You have instincts, trust, and believe in them. The world is your oyster, and your possibilities are endless.

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