

## Why are you Discouraged?

Why are you discouraged? What's wrong?

We get discouraged for many reasons such as:

- have not reached desired goals
- people are not responding as we'd like them to
- can't lose weight
- can't find a job
- can't close that deal
- lost the sale
- had another fight with my spouse/partner

It's October now with Labor Day a fleeting memory. The end of the year is facing us. Now, what have we done year to date vs what we had planned? How can we ever catch up? Why did we waste so much time? Who is to blame? It's me!

Often we are discouraged, we work hard to blame others, yet the blame comes back to us. Did we make a poor choice? Did we chase the wrong person? Did we ignore the signs? Did we slack off?

OK, let's accept we are not where we want to be right now. Let's accept we could have or should have done more, done better. These are all in the past. We can't change the past.

So, it's October. Let's decide what we can and will do before the end of the year. If we have something to accomplish, let's make a plan, a real plan with dates to follow, so that we have a chance of accomplishing the goal. Better yet, hire or ask a friend to be your accountability coach and report to them weekly. You'll do better!

Use the discouragement to propel you forward. The frustration can provide the fuel to keep you going and succeeding. Do it. Do it today.

While you are feeling discouraged and bad for yourself, make a list. Make a list of what you are grateful for, what has worked, why you are so lucky. Think, your abundance, your health, your family, your surrounding, your friends, and all the things that have gone right. Think of the good times.

What do you have to be grateful for?

family

health

friends

a job

a savings account

a house

a car

education

You'll find yourself a little embarrassed for being so discouraged when so much has also gone well for you. The good things have been ignored as you have focused on the discouraging things. The discouraging things won't be so big, or so overwhelming, when you focus on the good things for which you should feel gratitude.

So, pick yourself up, realize how fortunate you are, and move forward. Keep moving forward. When you slip, pick yourself up and take one step forward. You'll feel better.

Rather than dwell on that which causes you to be discouraged, why not focus on what you are grateful for. We are told to make a list daily of what we are grateful for. Strangely, it works. It shows us how lucky we truly are.