

## The Awakening

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A time comes in your life when you finally get...when, in the midst of all your fears and insanity, you stop dead in your tracks and somewhere the voice inside your head cries out...ENOUGH! Enough fighting and crying and blaming and struggling to hold on. Then, like a child quieting down after a tantrum, you blink back your tears and begin to look at the world through new eyes.

This is your awakening.

You realize it's time to stop hoping and waiting for something to change, or for happiness, safety and security to magically appear over the next horizon.

You realize that in the real world there aren't always fairy tale endings, and that any guarantee of "happily ever after" must begin with you...and in the process a sense of serenity is born of acceptance.

You learn the importance of loving and championing yourself...and in the process a sense of new found confidence is born of self-approval.

You learn that, for the most part, you get in life what you deserve, and that much of life truly is a self-fulfilling prophecy.

You learn that anything worth achieving is worth working for and that wishing for something to happen is different than working toward making it happen.

More importantly, you learn that in order to achieve success you need direction, discipline and perseverance. You learn that no one can do it all alone, and that it's OK to risk asking for help.

Then, you begin to take responsibility for yourself by yourself and you make yourself a promise to never betray yourself and to never, ever settle for less than you heart's desire.

Finally, with courage in your heart, you take a stand, you take a deep breath, and you begin to design the life you want to live as best as you can.