Glimpse into Motivation Monday – week 7 2014

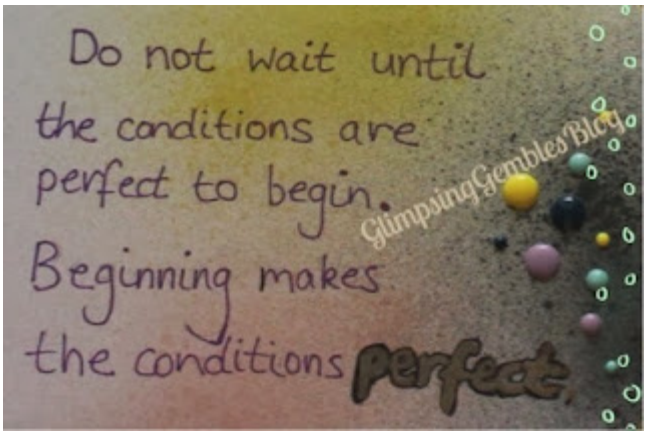
Welcome to the new blog series… Motivation Mondays! To get things started, here is an idea to think about this week….

"Do not wait until the conditions are perfect to begin.
Beginning makes the conditions perfect."

A big part of having a chronic illness is waiting. Waiting for answers, waiting for results, waiting for improvements. It could be easy to fall into the trap of putting your life on pause, and just waiting. As I often say though, ***this is our life, we only have this one chance***, and it is up to you whether you let your illness become you, or whether you let it only be a part of you. If we wait for that miraculous moment when we feel healthy again, we may have let a great chunk of our life ramble past us like a tumble weed. Maybe you can not do the exact thing that you want to do, but find an option that makes you happy. For example, I can not work at the moment due to my health. I love my work as a nurse, so in the meantime, I keep myself happy learning more, and reading and writing about health. In doing so, I have discovered a new path for myself and love the idea of helping people improve their overall wellness through improved nutrition and lifestyle choices. Find your option! Begin, and keep happy and strong, and things will get better!

If you are healthy and thankfully free of a chronic health issue, this still applies to you! What are you putting off which you could do now? What if you put off that dream job until you are more confident, or when the kids are older, or when the sun, moon and earth are at a 45 degree angle, and you find yourself in an unexpected situation that keeps you from that dream job?! Act now. You don't know what could change down the track. Be brave, begin, and the happiness and self love that comes from beginning will make you strong enough to keep going.

Do not wait; **begin.**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