

Action Provides Patience

Back when I was more result focused, I would find myself feeling more and more anxious about the deadlines of a goal. Especially if I wasn't seeing the progress I had expected.

Impatience, again, is a result of being attached to certain outcomes. If you're experiencing shame, guilt, or regret because of where you are in your life vs. where you thought you *should* have been by now, it's all due to some arbitrary expectations you have placed upon yourself.

Those expectations can be seeded by well-meaning family and friends, or society at large, but you accepted these expectations. And once you accept them, it's easy to feel like a failure if you're not living up to them. So you're forty and still don't own a house. So what? Maybe you're thirty and don't know what you want out of your career. Why does that matter?

When you let go of these expectations and instead focus on your daily Practices that can lead you to your desired Vision, you begin to appreciate the process for what it is—your life. It's your unique song. Instead of trying to force a certain climactic finale, just keep the rhythm and listen to where the music takes you.

Staying diligent in daily action helps you feel the progress. Does it really matter if your vision takes six months or six years if you're feeling victorious all along the way? As far as I know, you only get one life. Instead of pinning your happiness to the attainment of certain outcomes, enjoy the music.

Pinning your happiness to a future date is a form of self-loathing torture. Being patient with yourself is a wonderful gift of self love. Living daily with peaceful patience allows you to enjoy the dance that is your life.

Action: _____

Daily: _____





