

Alone

Guess what? You can't do it alone. You can't do it in a vacuum.

We all need people, and people is what makes the world go around. Without people there is nothing.

Stuck? Isolated? Alone? Searching? Wondering?

Engage with others, discuss, ask, listen. When talking, you are also forming your opinions and setting your strategy. In the talking, you learn from listening to yourself as well as to others. Opinions matter. Get multiple opinions, and then you will know better what fits and what works.

Alone we can't make as informed a decision as we can after we talk it out with others and get feedback. Not all the feedback will be perfect, but it is all valuable. It all adds to our store of knowledge and understanding. We'll know what's right for us and what to use.

Often the opinions will lead you to a new discovery that resonates with you. You just know it's right, and it's the missing piece you were looking for. It's amazing how the information comes to you when you least expect it and from the source you'd least expect to hear it from.

The old saying is true, 'when the student is ready, the teacher will appear'. You'll know when you are ready when you are not trying to do it alone.

As soon as you include and engage others, things happen, and you will take off. One interaction leads to another and to another. Soon, you have made progress you only imagined. It all starts with engaging others, asking, doing, listening.

Alone we can only go so far. Then, progress and advancement eludes us until we include others. Then, we get to the next step, the next level. Sure, we need to take time alone to process, but we can't do it alone, and we need others.

Why do we try to do it alone? Fear. We are afraid to ask. We are afraid of the answer. We are afraid they will think it's a stupid question, they might even ridicule us, or tell us it's impossible. Well, ask. Include them and you'll be surprised at the support you will get from most everyone.

Do you exercise or should you exercise? Don't exercise alone. Get an exercise buddy. That way you'll be sure to show up and exercise as will they. You will both win. Plus, the exercise will be more fun, and you may just learn something from the other person.

There is nothing to lose and everything to gain by including others. Friendships and bonds will be formed and grow. Your life is based on those people you associate with. Expand your associates, and you expand your life. Pretty great, isn't it?