

LOSE YOURSELF

To find yourself, you must lose yourself.

We take ourselves too seriously. Often people work on themselves, or wish they could. We wonder. We look in the mirror and then look away. We wonder when we will find ourselves.

What's our purpose? What's our meaning? What's our true north? Why are we here? What are we to do? Why am I in this situation? Why did this happen to me?

We can sit and wonder, read books, or talk to someone.

Stop it. Stop it right NOW.

Get over yourself. Get over your hang ups. Get over your self importance.

To find yourself you have to lose yourself. Get lost in going, doing, and being. Get lost in helping others. Get lost in being engaged.

It's only in action and doing that'll you find the way, the light, and the path. You can't find anything sitting still, worrying, and thinking about yourself.

It's the journey, it's the action, it's the movement that we are here for. Start down the road. Take the fork in the road. Only with the risk of doing is there a reward. If it's the wrong road, in traveling it you'll know and you can change.

Not happy? Then change. Change direction, change your attitude, change your friends. Do something different.

If you stop thinking about yourself, and start thinking about others, serving and doing for and with others, you'll wake up one day knowing yourself. You can only know yourself by way of the mirror of others.

In the doing you find what works, what feels good, and what fulfills you. Books help, reading helps, but the results come from you 'doing'.

No, you are not too busy. Yes, you have the time. You always have time to do what is important. Do you spend your time harried and scattered? Do you waste time being inefficient? Do you waste time by not planning ahead? Knowing you do these things also allows you to change them.

Don't lose yourself in the details, doing the unimportant. Focus on the big things, the things that have meaning and value. Every day is a gift. If not used it's lost and can never be recovered. Use it or lose it.

Only you know the truth of how busy you are and what you are accomplishing. Worrying about yourself has never worked and will never work.

It's time for action. It's time to try new things. It's time to get involved. It's time to learn. It's time to take a risk.

Go out and fail. Go out and find what doesn't work. Go out and you'll find what does work, what feels good, and what fulfills you. Go out NOW and do it.

Life doesn't wait. Time is your abundance, your wealth, and your gift. Use it or lose it. You can't exchange it, and you can't get it back. You don't know how much time you have left.

It's time to lose yourself so that you can find yourself.