

Tide

"There is a tide in the affairs of men, Which taken at the flood, leads on to fortune. Omitted, all the voyage of their life is bound in shallows and in miseries. On such a full sea are we now afloat. And we must take the current when it serves, or lose our ventures."

William Shakespeare

Sometimes I look at my life and I realize that I would like to be the person I was once in the past or to become someone completely new. But the new Guillermo seems to be very distant when I want to build him in a rush and in the way to be that new person we need a lot of faith in what we want to be.

In my quest to defeat this defeatist attitude, "it is already too late" or "it is too much change", I tried different ways and one of them is to take various small actions which are starting to wake me.

Examples of these small victories:

Resolve something that I have outstanding long ago.

Eat something healthy

Call a friend who does come while postponing.

Recognise something I did and worked.

Use things that I don't use for a while now.

Buy new clothes.

Sort or clean a forgotten part of my house or of my computer.

Speaking in the present tense about what I want for my life.

Changing an automatic thought for a constructive one.

Learn something new or more about something you always dreamt of knowing about

All these actions will generate a positive inertia as a tide raising the level of my oceanic brings me to undertake further actions, meet new people and make work, or once again in a new way, the wheel of my life.

Turning to the words of Shakespeare, I believe there is a time to take the tide of his own life and that time may be now if I decide ... whether or generate a tide domestic help me decide.

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Note: We created a new tide. If it is your tide, don't miss it!