

Keep Moving

Life is motion, we are always in motion.

Some people use the motion to stay in the same place. It's like treading water: to stay in the same place, it takes work.

If we are in motion all the time, which we are, why try to stay in the same place? Why try to stay stuck?

We're here on earth to learn our life lessons. Some lessons come and hit us in the face. Others we learn by doing, by starting, by moving forward.

Why not move forward? Why not risk it? It's easier to move forward, to try, and to face the lessons head on. Even if we fail at the lesson, we've learned something. We don't have to repeat lessons learned.

When we take a trip in the car, we start moving. We won't have all green lights as we travel to our destination. Yet, we have to start, we have to move. When we hit the traffic light, we stop. When we hit the traffic jam, we stop. We may well have to alter the planned course due to

traffic or other obstacles. We won't know that until we start moving. We can and will adjust when we need to.

Life is the same. We have a plan, we chart our course for the next destination. Then we move, we start, we go, and we follow the plan until we have to change. Then, we change, we change and still move forward, onward, and upward.

The obstacles and the lessons are for us. We need to keep moving to find them, embrace them, learn from them, and move onward all the wiser. Some life issues will make us change course. When a new course is necessary, take it. Move forward. Move on. Keep going. There will be many new courses on your life's journey. They all lead to the final destination.

Winning is moving. If you don't move you can only lose. In moving you have a chance of winning. If you don't win, you learn, and you are more apt to win at the next try.

Now, some don't move as they don't know where to go, what to do. Well, what do you like? What excites you? What would you jump out of bed for? Do that. Do what you like, do what you are good at. Do what you have been putting off. Do

what needs to be done. There is plenty you can do and should do.

Make a list. Then prioritize the list. Finally, start.

Start. Start moving and do what needs to be done. The more you move, the more reason you'll have to move. The more you move, the more successful and fulfilled you will be.