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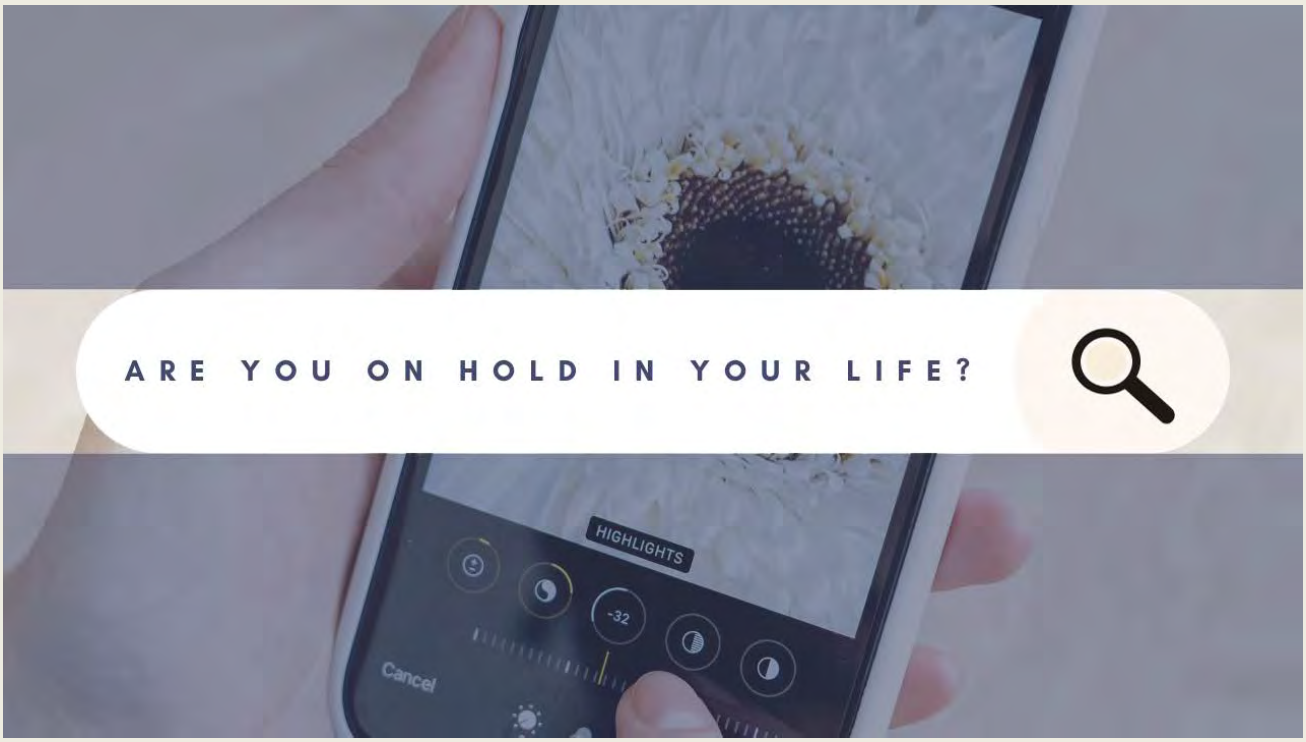


Brenda P. Gomez-Sol Cruz

Stop Waiting on your life

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Stop waiting on your life.

This week I was sitting on the phone with tech support, and repeatedly, I thought of things I could have done while I sat there -- waiting -- not living my life.

...Are you **"on hold"** in your life?

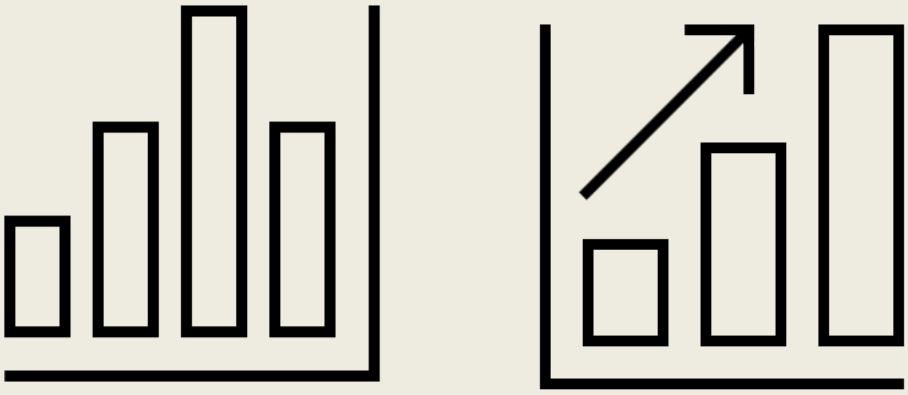
Are you waiting for a spouse to come along, waiting for the motivation to get your home organized, waiting for a great job to fall into your lap, waiting to win the lottery to plan your retirement? Stop waiting on your life! The only difference between you and the people who are getting what they want, is that they kept moving and you didn't. Here are some ideas to help get you started again.

Focus on the who, not the what.

If you find that you've been stuck on a goal for a while, try re-stating it in **"who am I"** terms instead of **"what I want"** terms. For example, instead of saying "I want to lose 30 lbs.", say "I am someone who takes care of herself by keeping my weight around XXX which is a healthy range for my height and age." Be as specific as possible. Notice that "I want to be someone who helps others' could mean anything from a clerk in the grocery store to a heart surgeon. Focus on who you want to be. Then ask yourself what actions would fit with your desire **"to be'** instead of **"get' '**.

Analyze it.

Did you know that a full 80% of your problems come from 20% of your life? It's true! Determine what that 20% is that's affecting so much of your life, and start working to make it happier, more efficient, more satisfying.





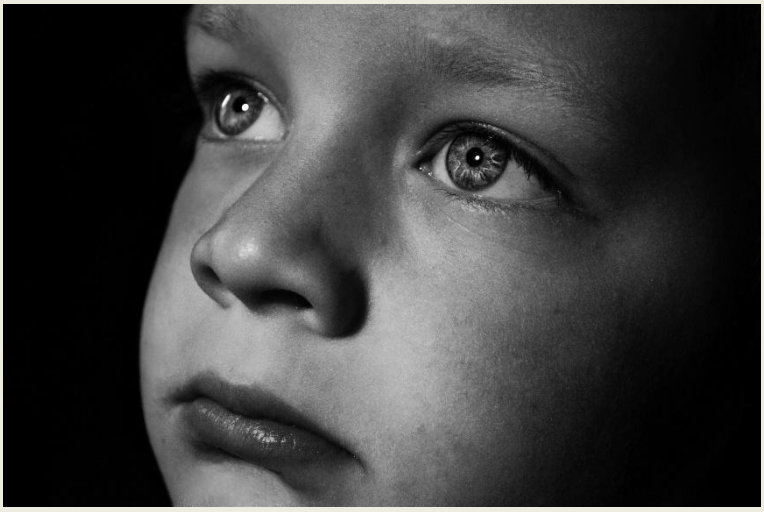
Reflection: In your experience, what is the price of success? How did you come to this conclusion?

Assign Value

A big mistake I see in life is we typically do not assign a true value to time, to energy, to money, and to the "real estate" (space) of our home or office.

Realize that for each thing you say yes to- a pair of shoes or watching a movie- you have said no to something else. Always ask yourself - **is this valuable enough to me to crowd my life with**, or even to bump something else from my closet, my schedule, my money?

There is No Time Like Now



Reflection: What dream do you regret not attempting? Why?

Most people in our culture today are so busy running around trying to arrange their lives to be somewhere else. We all want to be somewhere else geographically or financially or in our relationships. We want to be anywhere but here as we've been led to believe that if only, we could be somewhere else then our lives would work.

This escapism acts like a drug that only gives temporary relief to a chronic problem.

Apart from wanting to be somewhere else, most people today also live by a philosophy of "someday" that allows them to manipulate time.

"I can do it, but just not today. I'll do it when..." and they use these excuses to stay in their comfort zones.

The problem is that both someday and somewhere are undefined and illusionary.

Somewhere does not exist and someday never comes, although you keep hoping that it does.

This can be very disempowering and is responsible for a lot of disappointment and frustration for a lot of people.

The truth, however, is that right now is all you've really got. Tomorrow is never promised to you and learning to fully live in and for the moment is a vital distinction to make in creating a great life.

Being grateful does not mean that you lose your drive or purpose but allows you to slow down and really enjoy the ride. Not only is it healthy to want more from life, but it is also required to be truly fulfilled and knowing where you are is critical in getting where you want to be. Using someday as an excuse to soften your problems will not create long term success and fulfillment. Be honest with yourself and stop making excuses only to make yourself feel better.

Reflection: Describe how a big problem ended up enhancing your determination and challenging you to achieve more than you originally thought you could.

A little pain can be very useful as it will at least move you to action. There is always something you can do right now to turn your ideas into reality. There is always one small step you can take.

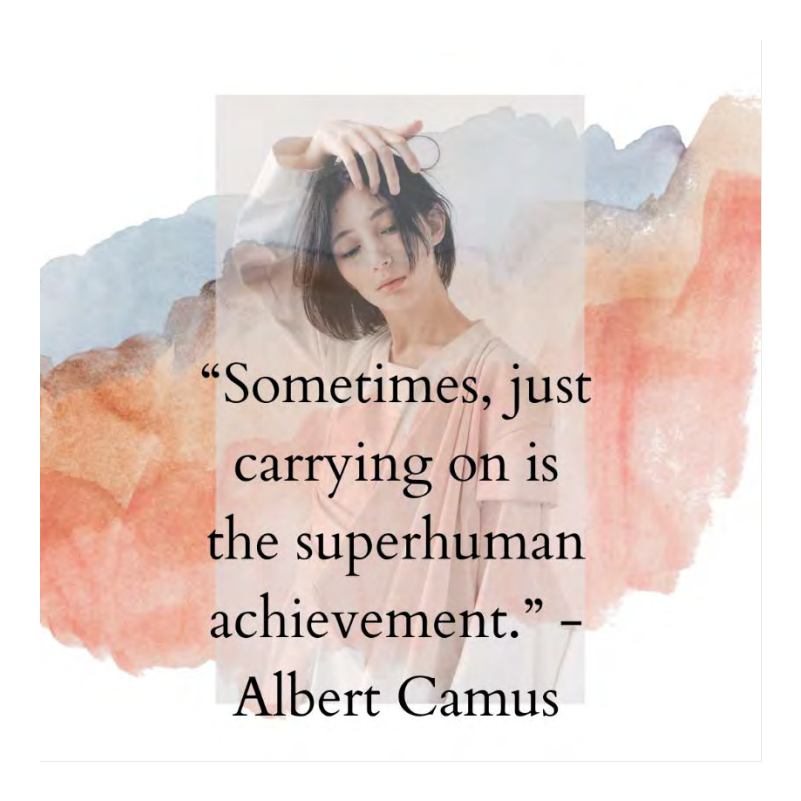
One of the most powerful resources you have is resourcefulness. This means that right now you

have all that you need to achieve whatever you desire and that you can take action with exactly what you've got and exactly where you are. You do not have to wait for "someday when" or "when I am..." before you act on your dreams and goals. The smallest idea acted upon can make all the difference as it immediately makes your idea real and smothers you someday because you used your will to consciously take charge.

It is important to realize that the purpose of pursuing a goal or a dream is not just achieving it, it's experiencing the how of achieving it.

You do not travel for the purpose of reaching a destination but for the purpose of traveling. Whatever dream or goal you are pursuing you will probably spend more time in pursuit of it than achieving it and most goals are an anticlimax when you achieve them anyway. The process is where true fulfillment comes from, and the actual experience is what makes you become something instead of accumulating something. If you can't

be happy and grateful without your goal, then chances are that you won't be happy and grateful with it.



Live in the present but know where you are going. Be right here and celebrate and capture the magical moments of your life. Hold on to them as the treasures you get to take with you into your magnificent future. Life is not just lived in the moment but also created in the moment. Now is the best time to design the next ten years of your life. Let your thoughts and knowledge serve you

through action. Action is what eventually determines your destiny. Move confidently in the direction of your choosing and don't get seduced by the popular belief that someday things will come your way or someday your luck will change. You are the source and the creator of your own prosperity, and it all starts with a sense of immense gratitude for everything you already have exactly where you are right now. One of the greatest privileges you have in life is that you can start right now with exactly what you've got to create anything you desire as the ultimate resources to life are within you.

Living in a place called somewhere really won't serve you long term although it might feel good as a short-term escape or excuse. Having to constantly lie to yourself that you will act on your true desires some day when x, y or z is just right will only create an unnecessary burden. When you turn your **"someday"** philosophy into a **"same day"** philosophy you can start to adopt the mindset where you act on your ideas immediately

with exactly what you've got and exactly where you are.

What someday and somewhere really comes down to is that you falsely admit to yourself that what you need is not available to you. This creates a belief that you are not in control of your life but that you are waiting for something else somewhere else before you can take charge. Ironically, you will only get full access to your true resources when you take action exactly where you are with exactly what you've got, despite your excuses. True happiness and gratitude never rely on external conditions but are purely determined by your evaluation of where you are now.

Now contains the seed of the rest of your life. Plant it with joy and water it with gratitude and rejoice in your life for you are its creator.

Dear Friend,

I hope this message finds you well. I wanted to take a moment to express our deepest gratitude for reading our eBook, “Stop Waiting On Your Life”. Your support and interest mean the world to us.

I put effort and time into creating this eBook and knowing that you took the time to read it is incredibly rewarding. I sincerely hope that you found it valuable and that it provided you with reflection prompts and insights to enhance your approach to life.

If you enjoyed reading “Stop Waiting On Your Life”. I would like to invite you to join my newsletter community. By subscribing, you will receive regular updates on new content, exclusive offers, and additional resources related to our service offerings in Sol Cruz Connect Consultancy OPC. It's a great way to stay connected and continue exploring the topics we're passionate about.

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Also, for a limited time and for the 1st 100 sign ups we are our offering for FREE our Digital course "Personal Branding & Income Diversification for Success" which will go live on Nov.14, 2023. You can register for a free learning account at www.learn.solcruzconnect.com. This is our pre-launch gift to early supporters.

Thank you once again for your support. I truly appreciate it. Warm regards,

Brenda P. Gomez-Sol Cruz

Founder & President of Sol Cruz Connect Consultancy OPC