



## **Ending The Cycle**

*Start Today*

One of the hardest things in life is feeling stuck in a situation that we don't like and want to change. We may have exhausted ourselves trying to figure out how to make change, and we may even have given up. However, each day offers us an opportunity to renew our resolve and to declare to the universe that we are ready for change. We may even say out loud that we have tried and struggled and have not found a way, but that we are open to help, and that we intend to keep working to create change for ourselves. Making this declaration to the

universe, and to ourselves, may be just the remedy for the stagnation we are experiencing. And, it can be done today, right now.

It is difficult to understand, even with hindsight, how the choices we have made have added up to our current situation, but it is a good idea to examine the story we tell ourselves. If we tend to regard ourselves as having failed, this will block our ability to allow ourselves to succeed. We have the power to change the story we tell ourselves by acknowledging that in the past, we did our best, and we exhibited many positive qualities, and had many fine moments on our path to the present moment. We can also recognize that we have learned from our experiences, and that this will help us with our current choices.

When we do this kind of work on how we view our past self, we make it possible for the future to be based on a positive self-assessment. This inner shift may allow us to get out of the cycle we've been in that's been keeping us stuck. Now we can declare our intentions to the universe, knowing that we have done the inner work necessary to allow our lives to change. Allow today to be the day to end cycles and enter into a new way of being.