



TAKE CONTROL

STOP LIVING ON AUTOPILOT & TAKE BACK CONTROL OF YOUR LIFE

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Introduction



You deserve to live the best life possible. That means those dreams and goals you have in your mind should be achieved. What a great world it would be if we could all shape our lives into the images we have in our mind's eye.

That doesn't always happen, and it can be frustrating. You probably have a crystal clear image of your best possible life. You think about it all the time. Then life reminds you that you have lots of obligations. You head to work to pay the bills. There are people in your life who rely on you.

You're so busy doing things you have to do that there never seems to be time for doing what you want.

Today quickly becomes tomorrow, a week flies by, then a month and a year. You look back on that time, and it seems like someone else was in control of your life, certainly not you. That can cause anger, resentment, and some serious self-doubt. Will you ever create the life you want, the life you really know you deserve? Or will you constantly feel like there's no way to take control with so many outside forces that distract, disturb, and detour your journey to a perfect life?

In today's fast-paced world, so many things can make us feel out of control. Technology is constantly begging for our attention. You have responsibilities at your job. You may have family members that require your time. Money might be an issue. Even a single person who is independently wealthy encounters many factors that might make them feel that they have no control over the direction of their life.

Sometimes life is going great, and then our emotions catch us off-guard. Why did we act out like that? Are we not even in control of our own emotions? Why do we have those crazy, wild and worrisome thoughts sometimes? What causes us to act in a way that damages our most important relationships, hurting the people that mean the most to us?

These are just a few examples of situations where we feel out of control. When they've happened to you in the past, you no doubt tried to figure out how to get back in the driver's seat. You may have attempted to take charge of your life.

Our best efforts at creating a life of happiness, fulfillment, success, and enrichment are often not rewarded. This can cause you to feel like giving up and just going along for the ride. You're unsure of the direction you're traveling or, in a worst-case scenario, certain of the negative life experience heading your way.