

We've all heard the saying "Ready, willing and able." If we are thinking about making a change in our lives, we are ready for it. We are also able if we are considering the change. The problem is, we get stuck on the willing part.

The dictionary definition of willing is "prompt to act or respond, to accept a choice without reluctance, or related to the power or will of choosing."

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The hard truth is this - **you are 100% satisfied with your life the way it is, otherwise, it would be different.** *insert cosmic 2x4*

You have to be willing to build that bridge to your goals. You can do it *if you are willing to do the work*. Everybody can, but very few will.

I have often mentioned 64-year-old Diana Nyad's inspirational swim from Cuba to Key West. It took her five attempts and 53 hours of non-stop swimming to achieve- but she found a way. How? WILLINGNESS.

After emerging from the water, Nyad said, "I have three messages: One is, we should never, ever give up. Two is, you are never too old to chase your dream. And three is, it looks like a solitary sport but it takes a team."

How powerful is that?

BE ON FIRE!

AND YOUR ALIGNMENT ASSIGNMENT...

1. Know that willingness is the key to your success.
2. Be open to a different way of doing things.
3. Don't compare yourself to anyone else- be inspired by them!
4. Learn from your mistakes.

Remember Friend, you are ready. You are able. But are you willing?