

Being "unwilling" means that we are arrogant, unteachable, and often prone to half-assery. One of the hallmarks of adulthood is having a mature heart and a willingness to keep learning. There is no need for an epiphany when a series of cosmic 2x4s will do.

But, how do we step into the place of willingness?

1. Get your hands dirty! Do the work- it's not just inspiration, but also perspiration.

2. Choose your future self over your current comfortable self. Your future is all about what you do today. Ask yourself, what does the future me do? On Wednesday we spoke about making the decision each day to act and think like the person you want to become.

3. Handwringing, overreactive, and silent sulkers need not apply!\* These three things do not serve you and only interrupt the vibrant life you deserve. These three things do not serve you and only interrupt the vibrant life you deserve.

4. Desire does not equal deserve. The reward is the result, not because you deserve it, but because you earned it. There are no participation trophies when it comes to living a vibrant life!

5. You are capable even when you don't feel like it.  
Check your self-esteem. Remember WHO you are and  
WHOSE you are.



**"The willingness to do creates the ability to do."**

**- Peter McWilliams**