

Put on your seatbelts, y'all!

I spoke about how Wise Women get fed up with the same old BS-- and don't we all have something that we are tired of? This is part of the bigger picture of the carousel of crazy, and all it does is spin us around in circles without going anywhere.

Difficult roads may lead to beautiful destinations, but the road needs to be the teacher. We keep doing the same things because we aren't fed up enough to change our behavior. There is no going back once we have decided to be done with something. We accept responsibility for it, and we say ENOUGH ALREADY.

Do you want to keep doing the Hot Melt Sprint Cha Cha? Lose 4 pounds during the Sprint, then binge eat for the next 3 weeks and gain 7 pounds back, then do the next Sprint and lose 3 lbs...and keep spinning around on the carousel of crazy?

If you want to get the change that you are after, you have to change your behavior. This includes your relationships, at work, the way you eat, and every other facet of your life.

The hard truth is this...

...your life is what it is (or isn't), because of YOU.

You are the creator and decision-maker. You need to live your life consciously and not in a default setting, just apathetically letting it pass you by.

YOU ARE BLESSED AND HIGHLY FAVORED.

We have to get fed up with the garbage. We have to stop assigning blame to our circumstances, and to the people around us. YOU. It starts and ends with YOU. We don't get to have a pass on this. We don't have the right to squander our lives.

The way out is the way in. What this means is that things can be reconciled, but we have to acknowledge the hurt, extract the lesson, and move it to the experience file.

*Yes, I was angry. Yes, it hurt, but I am going to put it in the experience file and only use the lessons because I am done carrying around this baggage.*

This is self-inflicted tyranny, my Lovelies. The definition of tyranny is "cruel and oppressive rule." We do this to ourselves. When we rise up because we are fed up, we get into the place of finding solutions. We can't do this if we keep dipping our toes into the cesspool and hoping to stay clean.

Call it out, cull it, and change it.

Remember, your vibrant self is your true self. Create your life the way you want it. Be done with the BS. Be done with the excuses, and saying you can't do it. Are you fed up yet?

I want you to divide a piece of paper in half. On one side, write out what you're fed up with. On the other side of the page, write down your solutions and what you can be doing instead. Use the WHY framework to get to your why when you're working on the solutions to your Fed-up List. I talked about the Why Framework on the other day - being able to figure out your WHY is how we get to the solution.

Look for the solutions and you will find them.

Don't believe me? Try this experiment:

Think about one thing that you want to see a lot of. It can be anything you like- a specific car, pennies on the ground, or red cardinals. Try it, and see your reticular activating system at work!