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Love Letter — “Getting Past Roadblocks”

My Dear, I just wanted to say,

I hear you're facing some roadblocks. I have a few suggestions for you:

1) Let go of the outcome. When you're attached to what might happen, what could happen, it tends to keep you from moving ahead. Let it go. You have no way of knowing what is ahead on the road. This will lighten your load.

2) Allow Success. You may see this is a road block, but it can just as easily be the stepping stone to success. Let it be. Imagine that it is. Feel it. This will help your forward motion.

3) Transform your thoughts. It takes time to change your habits. It's nearly impossible to change other people. But your thoughts can transform in an instant. Stop thinking the same old thoughts. Just for now.

4) Plan Well. With your load lightened and the possibility of success glittering in your mind, you can look at the challenge in your path more clearly. Free from the constant bemoaning of your fate or the probability of repeated past mistakes, you can ask the right questions. Like, what can be done to solve this challenge? How can I remove this obstacle? Find ways, enlist help, go easy on yourself. Decide on a plan of action.

5) Begin Again. Know that you can always begin again. It's what life is about. You may have been halted in your journey by this “roadblock,” but you can start moving again.

Keep remembering why you're on this road and suddenly you'll notice the path has opened up for you.

I believe in you.

All My Lovin,

A.

For more Love Letters visit www.UpWriteWords.com