

As a man or woman thinketh.....

Building a healthy relationship with yourself and with others

"If you don't sacrifice for what you want, what you want will be the sacrifice."

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A lot of people say they want this or they want that, but they aren't willing to do what it takes to get what they want. If you're constantly making goals, but not achieving them, there's a disconnect between your desires and your actions. It's time to make some changes.

Perhaps your goal is to quit your job and start a new business – well, we all know that takes a certain level of financial security. The first step may be to work your side hustle while you're working your full-time job to build up your bank account. The second step may be to cut back on eating out or shopping or whatever your "thing" is. Do forensics on your bank account to see what you spend money on each month and then decide what's necessity and what's "nice to have" & limit the "nice to have".

Maybe your goal is to get healthier. A healthy lifestyle definitely takes a lot of discipline. Perhaps the first thing you should consider is turning off the TV, cancelling the cable bill. It's so easy to plop down on the couch and watch TV. As we all know, binge eating happens in front of the TV. Take the time you used to watch your favorite TV show and get moving. Okay, if you can't completely give up the TV, while you are watching your favorite TV show, exercise during commercial breaks (e.g., do situps, pushups, squats, jumping jacks, jump rope, etc).

You want to become debt free. I'm going to repeat some of what I said in a previous paragraph. Identify areas where you are wastefully spending, and make a conscious effort to apply the wastefully spending money to debt. So what if you can't hang out with your friends as much as you want or buy those new pair of jeans you just have

to have. What's more important to you – a temporary "feel good" or financial freedom and knowing that long gone are the days of stressing and worrying about money.

Maybe your goal is to find love – then I suggest you do a self-assessment. Reflect back on the common behaviors/patterns that were evident in if not all, most of your relationships. Ask yourself what unresolved issues are you carrying around. What baggage do you need to let go of? Some of your issues may require therapy. Guess what, therapy is NOT a bad thing. If you are serious about finding love, it starts with self-love and being the best version of you that you can be for yourself. Also, stop being driven by loneliness. So many people end up in unhealthy relationships because of loneliness. So what if you don't have a date on Friday night. So what if all of your friends have mates. The sacrifice you make today (to heal from your past wounds, get therapy if needed, taking a break from dating, self-love) will payoff later. A happier, mental and emotional healthier you will attract the same. "If you don't sacrifice for what you want, what you want will be the sacrifice."

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