**What’s next?**

When you’re going through life one of the scariest questions that can pop up is what’s next. This question can be scary in two ways, the first being that you know what’s next but the thought of it fills you with dreed, and the second being that you have no idea what’s next and the uncertainty worries you.

Well let’s look at the first part, what should you do if you’re going into the next phase of your life and you’re not happy about it even though you know it’s inevitable. For example, you know you’re going to be going to start college next year but you’re only doing it because your family and peers expects it from you.

Well the first thing you can do is reflect on how this happened and make a vow that it doesn’t happen again, because when your big life decisions are being determined by other factors apart from your own personal thoughts and feelings it will become a trend in your life if you don’t recognise it and stop the cycle. Stopping this is not easy but it is necessary for you to live your best life or to have a life of your own at all.

After you get through that and you’re in a place where you don’t need mammy & daddy to tell you what to do with your life you have to do something even harder, yeah you guessed it you have to choose your own path. This will be difficult because you’ve never done it before and if you’re human you will fail more times than you like but by the time you find your calling you will be laughing about it.

**Any Ideas?**

You see while nobody likes being told what to do there’s not a sinner on earth that likes being in a situation where they feel lost and that’s what most people realize when they ask themselves what’s next and nothing comes to mind. When some people are in a position where they have to make a big decision they freeze and end up wishing they had their mom & dad there to do it for them.

The first step to this is figuring out why you’re asking the question of what’s next, because when most people freeze in this situation its because they lack a certain amount of conviction in their will to progress in their life and without a clear reason behind why you are looking for what’s next in your life the process of entering the next phase of your life will always seem somewhat uncomfortable and terrifying.

Once you have clarity on why you want to move on with your life their nothing left to do but to be brave and take a step forward.

Just to finish on this point when you get to a place where you’re comfortable making your own life decisions regardless of what everyone else thinks don’t feel like you owe it to yourself to live life like a mindless wannabe maverick. In fact don’t be afraid to go down a conventional route because a life that looks boring can be very exciting and enjoyable if you do it your way. What ever you end up doing just make sure you’re doing it because you genuinely want to and let the rest take care of itself .