

Thankful Thursday

00:05

YOU ARE WHERE YOU NEED TO BE

I may not have gone where I intended to go, but I think I have ended up where I needed to be.

Douglas Adams

Do you beat yourself up over the poor choices you made? Or wonder how and why you managed to create the unfavourable situation you found yourself in? Are you sometimes bewildered by the decisions you make? Or angry at yourself for having screwed up again? Perhaps you prefer to blame someone or something else: the government, your parents, the economy, global warming ...

It could be time to accept that you are exactly where you are meant to be, so you can learn a lesson and positively move on with your life. Taking a wrong turn or making a poor decision in life is rarely fatal, unless we make it such. It is possible that what you considered mistakes were not mistakes at all, but the necessary learning opportunities you needed to change the course of your life. What if the journey to where you are now was necessary to get you to where you are going next – it is all simply part of your learning and growth. They are only mistakes if we refuse to learn from them, acknowledge our part in them and apologise where necessary.



Take a minute to think about your life right now. Perhaps you're in a situation you didn't want or expect? What role did you play in the lead up to the situation? What did you do or say that contributed to the situation? What could you have done differently? What have you learned about yourself as a result? With hindsight, do you need to apologise to anyone? Always remember, you have the power to turn a negative into a positive.

Taken from Chapter 05 of 'Meee in a Minute: 60 Ways To Improve Your Life in 60 Seconds' by Sid Madge.