

Your Destiny – How To Take Back Control

By Alexander Michaels
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Do you sometimes feel like you do not have any control of the direction of your life? You go through the motions of your daily activities and suddenly realize one day that you are not really living the life you want to live. Once you realize this you may begin to think of ways of changing things but after a while you may decide that it is just too much trouble and that perhaps your life is not so bad after all. So you may go back to your same old routines again.

Your Day-To-Day Living:

This is a perfect recipe for future unhappiness and regrets. Taking better control of your destiny does not simply mean setting new goals for yourself that you may or may not achieve. Taking back control of your destiny means living your life in such a way that you do on a day-to-day basis things that bring you spiritual, physical and emotional fulfillment. That is because, when you really think about it, life is really composed of things that you have experienced along the way. By deciding upfront the direction you want your life to go and by walking in that direction every day, you will realize that you have already achieved the ultimate goal; that of living a joyful and purposeful life.

What Things Can You Control?:

One of the ways you can begin to take control of your destiny is by deciding to focus your energy on things that you can directly control or influence. What you can easily control depends to some extent on your environment. If for example you live in a little town that has just one factory as the means of employment but you have dreamt of becoming an airhostess, the chances of achieving your goals and controlling your destiny may at first seem virtually impossible.

You cannot single handedly change your town into a city with better opportunities or change the factory into an airline so that your job changes. Now you can stay where you are feeling sorry for yourself or you can decide take control of your destiny and move to a city where you can more easily follow your goals. Once you decide to take action in areas where you have some control, the solutions to help you get on your way will begin to materialize.

Courage To Take Control:

I remember the day that I got really mad at myself when I realized that most of the things I had feared as a young adult never really materialized, and I was saddened by the lost opportunities I imagined. I allowed myself to feel this way for a while because, quite frankly, it sometimes feels good and is easier to be angry at something. Then I remembered that everything in life happens for a reason and that I could choose to gain from my experience or suffer from it.

As I thought further I realized that my having had fears and now realizing that they were mostly not real gave me a great opportunity to be able to help other people that I knew that were going through difficult and challenging times in their lives. The amazing thing is that, looking back at experiences I have had, I now realize that I actually had a lot more control over things than I thought I did. Once you realize that you can have more control of your destiny you will develop the courage to change your life more to the life you have always wanted.

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