

## Adjust Your Sails to the Future

“When you can’t change the direction of the wind - adjust your sails,” is a quote from inspirational writer, H. Jackson Brown, Jr, is one that has depth and meaning if there are things going on in your life that you can’t control.

The only things you can change are those which you have control over. Therefore, you need to find a way to get on with your life (adjust your sails) and look to the future rather than spending more time on what’s not working.

If a sailor knows a storm is coming from a certain direction, he or she will adjust the sails and let the wind blow them in the opposite direction. Remaining on the same course might mean being caught up in a disaster that could sink the boat.

It’s the same with your life. Continuing on a course where disaster is looming and just waiting to take you down might make it impossible for you to ever get out of the “storm,” and head on to safe passage.

It may be difficult to change a course that you’ve been on for a long time. That route is familiar and even though filled with turmoil, it can be strangely comfortable.

Taking an unknown course of action may be scary, but necessary if you’re to get on with your life and take action to make changes that will bring you success and happiness.

The first thing you must do to rid yourself of fear for the uncharted course is to stop worrying. Practice replacing negative thoughts with positive ones and soon it will become automatic.

Mentally prepare yourself by gathering knowledge about your new course of action, visualizing yourself in your new role in the future. You may still run into situations you’re unprepared for - and you may make some wrong decisions on the path - but, perseverance will get you through the dark and stormy times and guide you to safety.

Next, remove the negative elements from your life. It may be difficult, because some of the negative elements might be friends, family and others, but it's a necessary action that must happen before you can get through the present storm in your life.

Set goals, take action on them and stay the course. You'll soon realize your dreams and desires for the future.