

The Perfect Time

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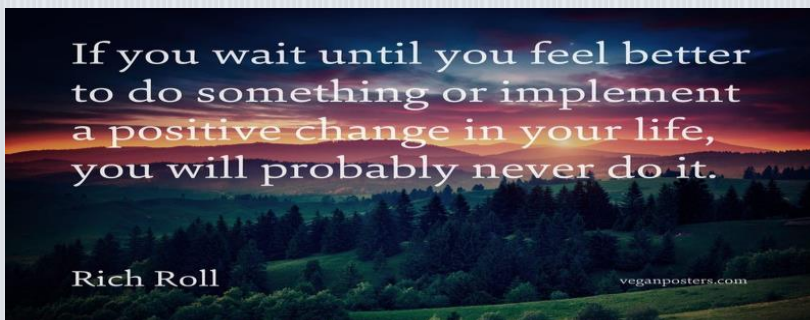
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The Perfect Time

Time is a valuable gift and our health and wellbeing are our wealth. Waiting for the perfect moment to start something new or to change our lives in some way is putting off making life more interesting and exciting. Why do we waste our days drifting mindlessly along waiting for the perfect time, the perfect relationship or the perfect situation?

away from our dream. Avoiding starting something until we have found the absolute best way to approach it, can result in not getting started.

However, if you start now you will begin to see results one day earlier than if you start tomorrow. Confidence grows as we progress on the new



Recent research on procrastination related tendencies suggest that it can restrict our potential and even lead us to feeling depressed. Trying to solve every problem before we start can intensify our fears. Instead of focusing on the long-term benefits of the idea and taking action, we wait. Waiting can lead us into a negative spiral, where we question our ability. Feeling like an imposter we move further

path. Aligning yourself with what matters to you increases your energy and vitality too. What might look impossible today can suddenly be solved in an unexpected way tomorrow. If there is something that you have always wanted to do, get started.

Set a realistic task that you can achieve today that will get you on the path. *"If you can dream it, you can do it"*.

Marie Wellness Clinic

The theme this month is all about waiting for the perfect time... to start something, or to change, or stop doing something that no longer brings us happiness.

Instead of starting we tend to move into a procrastination mode where we think about doing it. And then another day passes.

Seeking the perfect moment to start or the perfect solution can damage our self-worth because our value is often tied to our achievements. And because we are rarely satisfied with them, we become more self-critical and more fearful of other people's judgements. It is a negative cycle that taints our enjoyment of life and depletes our energy.

REMEMBER: "A good day always begins when we stop waiting for a better one".

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