

INSPIRATIONAL & MOTIVATIONAL THOUGHTS & OPINIONS

# THREE TIPS TO LIFE MODIFICATION



*Monica M. Burns*

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Our greatest glory is not in never falling, but in rising every time we fall.

*-Confucius*

Don't cry because it's over, smile because it happened.

*-Unknown*

## INTRODUCTION

In this booklet, you are going to read and study the three things that it takes for you to modify (change) your life. You have three choices in life to every situation that you may encounter at some point in your life. They are as follows:

*a)* You can set out to Change Your Situation *b)* You can seek to Stay In Your Situation or *c)* You can choose to Leave Your Situation altogether.

As you begin to read this "Tips Booklet," it is my hopes and wishes that you find solace in one or more of the above choices. There are three choices and one of them does apply to you. The question is: "Which choice are you going to make today?"

Enjoy!

*Monica M. Burns*

## CHANGING YOUR SITUATION

If you are in a situation that you have been constantly struggling with for most of your life, or maybe you have just recently encountered your situation, you are, at this point, looking for a way out because you are reading this booklet.

Change in any our lives can be difficult. Many people have programmed themselves, without ever being aware of it, to stick to their normal routines and to avoid the unfamiliar. When you deny yourself the right to open your being up to new possibilities and opportunities, you stunt any growth that may be in the universe waiting to attach itself to you. Fear is a normal feeling of change and it's normal to feel it. But when you allow the fear to blind you from seeing your true potential, your changing process is going to lie dormant until you are really ready to face it and dive into the fear head on.

If you truly want to experience all that life has to offer you, it is time that you got out of your own way and allowed the universe to embrace you.

Okay, so you are in a situation that you feel stuck in right now, for example:

**Problem:** You are in a living situation that you can't change right now so you have to stay in this living arrangement until things are better for you. What are you going to do about this situation?

**Solution:** It can be tough in this sort of arrangement. If you are a spiritual person, praying daily can provide relief in areas that you didn't think possible. Sometimes you are living amongst people that are making the living arrangements unbearable. You must keep your peace and begin the planning process to make your exit. Do not argue with them, while this can be hard sometimes.....do not lower yourself to this standard. You already have enough on your plate. Begin to plan how you are going to move out and do not wait too long. If you wait, this will allow these people to talk you into staying, therefore; you'll be there in those miserable arrangements until your next argument, and your planning process will take even longer. You have to plan your exit now. Knowing that you will soon be on your way to a peace of mind, will make your journey much easier. If you are in this sort of living situation, vision how you want your life to be once you're out on your own, it'll make those unbearable days tolerable.

## CHANGE YOUR SITUATION - RECAP NOTES

- Change can be difficult if we are not willing to open ourselves up to the unfamiliar.
- If you are in an unbearable situation, living or otherwise, you must plan your exit strategy now! You can't wait because things are going great at the moment with the people that usually make your situations unbearable; you need to start planning to move out and move on, now!
- When you deny yourself the right to open your being up to new possibilities and opportunities, you stunt any growth that may be in the universe waiting to attach itself to you.

## STAYING IN YOUR SITUATION

If you are one of the many people in this world who can change a present situation that you know yourself is an unhealthy situation, but you choose to stay in the problem; you either have no self-esteem left or you are trying everyday to change the situation and make it better. You are actually thinking that if you do something different with yourself, he will act differently or if you play down your intelligence and physical attributes at work, your boss will like you more. This list can go on and on, but you do not have to subject yourself to the negative expectations that someone has put upon you.

I know that you fear the unfamiliar and do not know what to expect should you decide to leave, because maybe you haven't ever been without this person in your life and you don't know how to cope without them, but *You Can* make it without whoever's holding you back. It can definitely be done and you can make it happen. It is time to stop feeling powerless and gather up all the strength that your being possesses, and get to work on your "Life Modification." You deserve happiness, joy, and peace in your life. Don't you think you have gone without it for too long now?



Joy, Peace, and Happiness is yours for the taking.....if you want it. If you remain in your current situation, you are blocking the abundance of blessings that the universe has on reserve for you.

Only you can decide what's important in your life right now. If you have kids also in your unhealthy situation, you must do what's right for them. No one should be held in the highest regards before that of your kids. Get it together and begin your "Life Modification." You can do it!

*It's Up To You!*

## STAYING IN YOUR SITUATION - RECAP NOTES

- It is time to stop feeling powerless and gather up all the strength that your being possesses, and get to work on your "Life Modification."
- Only you can decide what's Important for you right now! If not for you, then do it for your kids!
- Joy, Peace, and Happiness is yours for the taking, if you want it. You have to position yourself in life so that the universe can attach itself to you.



## LEAVING YOUR SITUATION

Are you in this present moment seeking to leave a situation that is unhealthy, dangerous, or self-esteem draining? Leave! That is the only solution to this problem. Yeah I know you are asking “Where will I go?” There are places.

**For Instance:** If you are in an abusive relationship, shelters specializing in abuse will be glad to take you in and will keep you and your kids (if any) out of danger. Put your pride of not wanting to live in a battered women’s shelter aside and think about your life for a second, because a second is all it takes for him to kill you!

If leaving a situation puts you in a minimal state of living, that is the sacrifice that you must make for your own sanity or safety. You can begin to plan later to live better, but at least you know that while you are living minimally, you have some sort of peace of mind and you can’t buy peace with any amount of money in the world.

Leaving a situation really puts you in touch with the unknown and the unfamiliar. You have to make a “Life Modifying” decision. This decision determines where your journey called life is going to take you.

You have to stare fear directly in the eyes and dive in. Understand that no one is above you. Do not allow people to intimidate you. This is your Journey. If you allow people to serve as obstacles in what you are trying to do for yourself, you haven't really started on your journey. When you start your journey into “Leaving Your Situation,” kick every hill down, climb over every wall, and stand tall on top of every mountain. Do not allow these things nor people to stand in your way. This Is Your Life. Leave Your Situation and Start Living The Life That You Were Put On This Earth To Live!



## LEAVING YOUR SITUATION - RECAP NOTES

- If leaving a situation puts you in a minimal state of living, that is the sacrifice that you must make for your own sanity or safety.
- You have to stare fear directly in the eyes and dive in. Understand that no one is above you. Do not allow people to intimidate you. This is your Life.
- When you start your journey into "Leaving Your Situation," kick every hill down, climb over every wall, and stand tall on top of every mountain. Do not allow these things nor people to stand in your way.

## CONCLUSION

You have now concluded your reading of “Three Tips To Life Modification.”

You should be ready and planning to put one or more of the steps into action to begin your “Life Modification.”

Although **Change** can be difficult, **Staying** in a situation can be unhealthy, and **Leaving** the situation altogether can be a rewarding experience for your life!

To Your Life’s Journey,

*Monica M. Burns*

## About The Author

Monica M. Burns is an Expert Author, Freelance Writer, Adjunct College Professor and Consultant. She is President and Founder of **Monica M. Burns Communications - A Self-Development and Educational Consulting Firm**. She is also Founding Editor and Publisher of the **Monica M. Burns Communications Online Newsletter**. She is an Expert in her field with over fifteen (15) years of experience, and has authored several eBooks, Children ebooks, eSpecial Reports, and other Reading Informational Materials. She is a regular Featured Expert Author and Writer on many Websites, Nationally Published Magazines, and Online Magazines. She has also contributed to several poetic anthologies and won awards for her work.

Monica M. Burns is a member of the National Association for Female Executives (NAFE), the Manchester Who's Who in Business for Professional Executives Registry, and the Empire Who's Who Professional Business Executives Registry.

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