

## I Know, I Know

(4 min. read)

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"I know. I know..." These words have been spoken to me so many times. They are the words that mean I know you are right, but I really don't want to believe it or do the work that is required. I don't know 1% of everything, but I do know some things. Most of what I know comes from experience. I know that most horses need a shorter toe. I know that boys will not put the clean laundry away when you set it on the steps to their room. I know that my husband will eat anything I put in front of him at dinner. I know that putting a horse or dog down never gets easier. I know there are a lot of ways to get to the same result, but some are faster than others. Why does this matter?

I have learned a lot about life and while I don't consider myself wise, by any means, I've often been asked for advice. I have realized something. There are two kinds of people in this world: those who want more out of life or themselves and those who "say" they want more. These groups of people are very different. Those who want more, are people who question why things are the way they are. They realize that most of their problems are somehow related to the choices they've made in the past. They are grateful for what they have but are striving to be better. These type of people are the ones that read books and Google solutions to things that need work. They know that it is possible to have, get, and be more. Those who "say" they want more are fed up with the way life is working out for them. They are talking over problems with their friends, relatives, and even sometimes customers at work. They are asking everyone they know for advice to solve a problem. These people also believe that life has handed them a difficult set of circumstances and if they only get through today, and tomorrow, something will change. These people will ask me what they should do, and when I tell them, they say "I know, I know." Well, if you knew, why did you ask me?

I have a hard time wrapping my head around why people don't do what they 'know' they should do. If you knew that smoking will cause cancer, why would you continue to smoke? I know this one personally since I used to smoke. I've had family members with cancer who continued to smoke until they passed. This is a tough one for me to understand, but I think I know why. I think it's way easier to complain about your circumstances than it is to put in the hard work to change it.

For some, it's a little more complex than that. For some, they are so busy reacting to all the things going on, that by the time they want a change, they are exhausted. They spend their lives putting out fires (being a fire extinguisher) instead of making small changes to take control of their life (installing smoke detectors). I go through these phases constantly. When I start to feel overwhelmed, I take a few minutes to look at all the things I'm doing and find where I am putting too much of my energy.

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Want an example? I have a leaky tire on my truck. It is a common issue that is covered by warranty. However, this tire has been leaking for months. I spend a few minutes every couple of days adding air and getting dirty. It's never when I am just putzing around. It's always when I am leaving to go somewhere and don't have time factored in to fill it. Then, I'm behind. I despise being late. All I have to do to solve this problem is take a half hour out of my day and bring it to the dealership to have it fixed. Why is it so hard to make that appointment? I don't know. But, you can guarantee that I will be calling them when I am finished writing this blog!

Take inventory of all the things you have repeatedly asked advice for and put together an action list. Don't feel guilty for not doing it yet. Guilt is a useless emotion that traps you in 'that place.' Instead, write down a few possible things you could do to solve the problem. Then pick the most doable and do it. DO IT, NOW! Life is too short to spend your days chasing your tail. You can do, be, and get more. But it will require action on your part.

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