

# Move On With Your Life

by Debbie Martinez

"Do you ever feel like you're stuck? Nothing is moving in the direction you'd like it to? As a matter of fact, you feel like you are moving backward instead of forward? Your frustration level increases by the day because no matter what you do, nothing is clicking.

Have you ever considered that you are in your own way? Here are some tips to "move on with your life."

Tip #1- Turn the page. Let go of the past. Recognize that there is nothing back there for you. Learn the lesson, forgive yourself and others and turn the page. Don't keep revisiting what was because it only makes moving on harder that it needs to be.

Tip#2- Take control. Let go of the things that "appear" to be in your way and don't let "time" dictate your life i.e.; when the kids go off to college, when I lose 10 pounds, when I make more money. Don't give "time" so much power. You effect the change in your life.

Tip #3- Set goals. How can you hit a target you can't see? Moving forward isn't always about big steps. Don't always look at the big picture as it can overwhelm you. Set small, daily goals and not too many. It's not about a lack of time so much as it is a lack of direction, organization and commitment.

Tip #4- This is one of the most important. Don't get caught up in the emotion of feeling stuck. Refrain how you think about this "season" in your life. Don't let your thoughts dwell on the negative. Don't walk around speaking negatively about your life. Positive thinking and speaking is key to moving on. Remember, what you resist, persists. Sometimes, the best course of action is to just take a breather.

If you believe and feel that you are stuck, then you are. Instead, believe and feel that what you desire is only around the next bend. Live your life with anticipation and see how quickly you "move on."

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