

## Inspirational Insight

**If you wish to understand the present look to your past behaviour, if you wish to predict the future look to your present action.**

**:-The Buddha (attrib.)**

This statement suggests that we have control over our lives and the direction our life takes. A powerful thought! In which case you have control over the life you will have in the future. All you need to do is ensure the actions you take today are congruent with the future you desire. I know that can be hard to believe and you will state that you can only control your actions and not those of others. That may also be true but you have control over how you respond to each and every situation. Be responsible for your life take control, act, don't react. Remember destiny is not a matter of chance it is a matter of choice, so choose wisely.

### **Action:-**

To be effective in making wise choices you need to be clear about the future you desire. This week please write down in your special book where you plan to be this time next year. (Always record goals in present tense with the date) Now through the week refer back to this goal regularly and review your actions. If they are not taking you in the right direction then make some adjustments.

**DO YOU WANT AN INSPIRED LIFE?**

**Caroline Hart – Life Coach**