

TRUE G.R.O.W.T.H.

MOTIVATE. INSPIRE. GROW.

TAKE A STEP BACK AND ADJUST YOUR APPROACH

TRUE G.R.O.W.T.H. comes in the moments when we realize change is needed AND begin to take action. Wishing that things will change themselves or hoping someone will do it for us is worthless. Willpower is the strength to do what we know is best when it's hardest. TRUE G.R.O.W.T.H. comes with the understanding that if something isn't working for us, we must adjust our approach.

Let me ask you this, how many times would you need to walk straight into a brick wall for you to bring it down? One hundred times? One thousand times? A million times? Would it ever just fall? Probably not. We as humans aren't made to walk straight through a brick wall. Does that mean we are not capable of getting past the wall? No, not at all. It just means we must adjust our approach and try something new. Eventually, we realize that despite how many times we have tried, what we are doing is just not working. Sometimes that requires us to take a step back and look at the situation objectively to realize the possible alternatives. Maybe we need a hammer to bring the wall down. Maybe we can go around the wall or simply climb over it. Just because what we are currently doing isn't working doesn't mean something is impossible, we may just need to try it a different way.

Obstacles are like the brick wall. We often continue down the same path even though we have learned that it won't give us the result we are looking for.

Eventually, we run into the wall enough times that we grow frustrated and tired of the same result. This is when we are presented with three options:

- 1) Try the same thing again (and likely fail again)
- 2) Stop trying all together and just quit
- 3) **Try something new**

The hardest part of change is trying something new. We are typically intimidated by what we don't know. Sometimes we allow our nerves to get the best of us and that gives us tunnel vision. We become unable to notice the benefits of change because our fears of the unknown are holding us back.

If you don't like the result you are getting, try something new. It's that simple. The difficulty comes in whether or not we have the willpower to carry out that task. Take a step back, think, remind yourself of your capabilities and dive back in with a new approach. Adjust and repeat as needed to obtain the result you desire!

Timothy A. Natale

