

Change What Isn't Working

If we don't change what isn't working in our lives, we will continually have the same day over and over again.

We have all had the experience of realizing that something in our lives is not working. This knowledge can come as a sudden realization or a nagging feeling of doubt that grows stronger, waking us up to the fact that something needs to change. Some people have a tendency to act rashly and make sweeping changes before even understanding what the problem is.

Other people fear change, so they live with the uncomfortable awareness that something needs to shift but won't do anything about it. Between these two extreme responses lies a middle way that can help us powerfully and gracefully change what isn't working in our lives.

The first step is remembering that your life is made up of parts that belong to an interconnected whole. Changing one thing can change everything. Because of this, small changes often have a big effect.

Sometimes much bigger changes are necessary, but the only way to know for sure is to take the time to really understand the problem. Examine your life as an entirety--your work, your relationships, where you

live--and determine what specifically is not functioning the way you would like. Once you have figured out the problem, write it down on a piece of paper. For example, "I am not happy with my relationship" or "I don't like my apartment."

The next step is to figure out the adjustment you would like to make and how you can go about making this change.

If you are unhappy with your relationship because you spend too much or not enough time with your partner, you may want to discuss this problem with them and come up with a compromise. On the other hand, if you realize your relationship is not working to such a degree that it needs to end, begin working through that process. Writing down the truth can be a powerful catalyst for change.

The key to making changes that work is to accept the necessity of change as part of life. As we change, we may find it necessary to fine-tune our relationships, work, and living situations. Our lives are living, breathing entities that reflect our dynamic selves.



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Celebration of Life



Mary Bonneville

Mary Bonneville
Saturday December 2nd AT 4:00pm

Key Largo VFW
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Fri @ Skippers (late)
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We remember our friends who passed this year...

Those we love don't go away.

They walk beside us every day.

Unseen, unheard but always near.

Still loved, still missed and very dear.



Bobby Hartley



Cris Sandifer



Greg Stewart



Hank Wojciechowski



Holly Lyle Fornash



Joan Parker



John Shirila



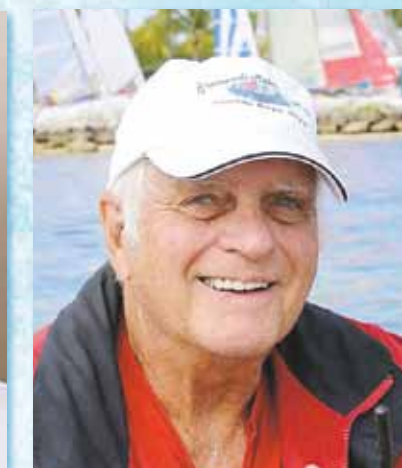
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Mary Bonneville



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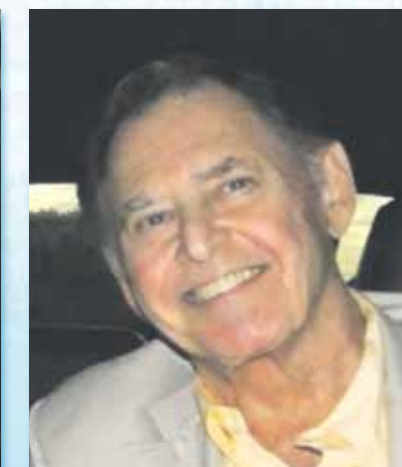
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