

## Fed up? Get up!

For all of you who are fed up with your jobs, your life, or your past, I have this bit of advice: get up and do something about it!

My wife will be happy to tell you that I need this advice just as much as everyone else might.

You see, it's all too easy for us to "get used" to something – anything. And as a result, we never really change the areas that need changing.

It's like a light bulb that gets a little dimmer, or a car that runs a little poorer, or a life that seems a little darker. We get used to it – and sooner or later, we accept it as "just the way things are."

But life's challenges are meant to be addressed and conquered – not "get used to."

So many of us, myself included, get fed up with things – and never really take that first step to putting ourselves on a better path. We stay fed up – but we never really get up!

Getting up and doing something about life's problems is the key to making your life better – and giving other people a better life, as well. Fed up with your troubles? Get up and put them behind you. Make a change, invent a solution, conquer a fear, alter a path, change a life.

Last year at this time, I had my knee "scoped." My knee had been getting slowly worse for some years – and I had gotten used to it. When the orthopedic surgeon worked it over, it hurt at the beginning, but eventually it got better. If I had left it alone, it would have kept on getting worse, and worse, and worse. Although parts of the last year have been difficult, addressing the problem was a lot better off than trying to ignore it.

Too many times, we sit back and wallow in our pain – rather than making a simple change that would lessen the pain and improve our lives.

Fed up? Get up and do something about it!

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