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Find Your Passion Chase Your Dreams

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TAKE CONTROL OF YOUR DESTINY

Our choices define us. Our choices determines our destiny. You are the driver of your life. Everything that you have done, are doing right now, and will do in the future impacts your destiny. Destiny is a product of the choices that we make during our lives and the actions that we take. Destiny is not a gift that was given or written in the stars.

There are a range of views about destiny. Various cultures believe that destiny is written on your palm or in the stars when you are born. However, if you look at your past, you will realize that who you are today is a result of the choices you made and the actions you took. You could have done it differently, even in situations where you think that you didn't have a choice. Controlling your destiny is a matter of strategizing and taking action.

Choosing Your Destiny

On your road to success, it is very important to learn how to choose. Choosing requires you to be brave and fly in the face of fear, because choosing is taking risk and taking responsibility for your choices. This is not a skill that only successful and rich people have; it is a skill that we all learn. What differentiates the high performer from the rest is that he or she makes a choice when the rest of the world would be stuck in the middle. It might not be the correct choice, but it is still a choice.

Choice requires us to side with an opportunity. All opportunities have their merits, but we can select only

one at a time. What most of us have difficulty doing is selecting just one. Most of us are attracted to all the opportunities in front of us, and we hesitate to make that choice.

Let's take a typical example of weight loss. Most of us would like to lose a few pounds yet have a difficult time doing so. If you really look at the reasons, it is a problem of choice. We want to enjoy the pleasure of food that we eat, but we are also attracted to appearing better physically. This is why most of our weight-loss efforts fail – we have not made a choice to give up on one of the opportunities. We are stuck in the middle. When people get health complications, they have no problem getting on a rigorous diet and exercise schedule that they had difficulty even contemplating before. Why? The choice is no longer available.

You need to learn to give up some opportunities in return for better opportunities. Life is all about making choices and compromises. I know several very intelligent colleagues in my career who have made the mistake of not choosing. They had wonderful job opportunities that came their way, but because they didn't want to sacrifice one choice for another, their careers haven't advanced. On your road to success, you can't be greedy.

Making a choice is difficult because of the risk involved. I guarantee you that some of the choices you make will result in mistakes. You cannot run away from making mistakes. Making tough choices in life is risky, but you still need to make them. If you don't, it will be very difficult to progress in your career and in life. When you make mistakes, forgive yourself, learn from them, and move on.



Destiny Is Within Your Reach

Destiny is the outcome of all the decisions and actions we take. The word “destiny” has the same root as “destination.” Your destiny could be anything from achieving a single dream to being somebody that you want to be. Destiny is the ultimate destination. It is the outcome of the sequence of events in your life. Nobody knows whether your destiny is written in the stars or some secret book. However, based on my experience, it is something that is completely within our control.

Your journey to your final destination is filled with moments when you need to make decisions and take action. These are what I call junctions. At each junction, you can take action to change the course or stay on the current path. The moment you take action, you shift toward your desired destination. But that desired destination might not be where your current path is leading. These junctions are opportunities; pay close attention to them. It is very easy to miss a junction. We miss so many junctions every day in our lives, without recognizing them for what they are.

Choices, ideas, and desires are the first steps toward your destiny. They give us direction and guidance. Without knowing where to go and what direction to take, you cannot start. However, without action, you would be sitting in the same place. Many people have great ideas, but very few actually take the steps to implement their ideas. To be successful, you need to take action and implement your ideas.

A journey to the moon starts with a first step out of your house. You have to take action to implement that next thing that will move you one step closer to your destination.

Telling you to take action is easy, but taking action in reality is difficult. Let’s discuss what I mean by taking action. Taking action means being committed to doing something about your destiny. We either can live in a dream or take action to make that dream come true. The choice is yours. When we make a commitment to ourselves, we’re making a promise. Being committed and making promises to ourselves means exerting effort toward our destiny. As simple as it sounds, making an effort is difficult. It requires us to think and go out of our

way. However, it is a choice that we make. We have to consciously make a choice to put forth effort and make a commitment.

Once you make a commitment, you need to strive to make your dreams happen. You need to make sacrifices and give yourself completely to achieve your destiny. That is what commitment requires us to do. A lot of us are not willing to do this, which is why our destinies remain only dreams.

To achieve your destiny, you need to define what it looks like and have a strategy to achieve it. The first step toward achieving your destiny is to give detailed thought to your goals and the path you are going to take to achieve them. Most of the time, we hesitate to give thought to anything, feeling that our ideas might not be adequate. As a result, we sit in limbo, and destiny becomes only a dream. You need to break down your goals and have a detailed idea on how to achieve them.

Of course, many reasons keep us from taking action toward our destinies. I could say that I don’t have time, or I don’t have the resources or the skills. But, if you really boil down these reasons, they are really excuses: fear and laziness.

There are many forms of fear. Fear of being inadequate, fear of the unknown, fear of change, fear of confrontation and the list goes on. Whatever form it is, it is the same feeling, and this feeling will stop you dead in your tracks. We often don’t admit that we are fearful. Though subconsciously we are fearful, we give other reasons for lack of action. Being truthful to yourself and searching deep within yourself will reveal that most of the reasons that you give for not taking action have the same common denominator. All of us have fear, but you can choose to move forward despite the fears that you have. You have to overcome your fears for you to be successful.

Laziness is the other factor that keeps us from success. It is human nature to be lazy. We all need rest, and we all need to be lazy. Making an effort to be successful is against the concept of laziness. Yet we need to overcome the laziness in us to be successful and to achieve our goals. Again, it is a choice. Similar to fear, most of us don’t want to admit that we are lazy. But,



once you identify what is keeping you away from your success, you can make a choice to overcome it.

When you make excuses, you give yourself reasons not to take the road less traveled. Excuses provide a good feeling about the wrong choices that we make. Every time you give yourself an excuse, you subconsciously reinforce taking the easy way out. My advice is, rather than giving an excuse, learn to manage the situation, take responsibility, make a choice, and take action. Don't give yourself excuses for not taking action. Discipline yourself, and do it despite what you feel.

Let's say the only reason you can't complete your master's degree is that you don't have time – you're a single parent with three children and a tough job. You could learn time management as the first step. By learning to manage your time, you could get creative. For example, you could find a babysitter to look after your children for two hours a day. If you do not have the finances to pay a babysitter, find a high school student who needs volunteer hours. Prioritize what you have to do.

Myths About Destiny

There are many myths about destiny. People can get very superstitious about it. Some believe that their destiny is written in the stars. Based on this myth, our destinies depend on the position of the constellations at the time we were born. For thousands of years, people have believed in this myth. Another interesting myth says that your destiny is written on your palm. It is also a well-developed subject that tries to read your destiny according to the lines on your hand.

If we accept the premise that destiny is predetermined, simple logic says that you don't have to do anything in life. You would simply become who you are destined to be. This would also indicate that we as humans don't have choices in our lives, which is not the case. If we didn't have choices, we wouldn't be human. The rest of the living organisms are unable to make a choice. Therefore, destiny is simply a product of your choices and actions.

A Mathematical Equation

All of us know about mathematical equations. They have two components: factors and an end result. The

end result is a product of different factors. Depending on which factors are in the equation, the end result can differ.

Destiny is the same concept. It is a product of various factors in our lives. Most of the time, we associate the outcome with only one or two factors. We rarely think that there might be several factors influencing the outcome. It is your understanding of the different factors that enables you to control your destiny. In life, when we have a problem, we usually try to take the first solution. However, as humans, we are born with the ability to be creative, the greatest tool we have to control our destinies. How does creativity help? Every problem has a solution. When one factor of the equation cannot be altered, another factor can help us arrive at the desired outcome.

Creativity helps us identify the other factors and determine different solutions to the problem. Before you solve a problem, you need to gather as many ideas as possible. It is a numbers game. No matter how ridiculous or great the ideas are, you need as many ideas as possible for different factors of the equation. Once you have different ideas, then you can decide on one or two ideas to solve the problem. To generate as many ideas as possible, you need to turn on your creativity. Sounds too technical? Let's bring it to real life.

Controlling Your Destiny

How do you apply this thinking to real life? It is very easy. The following process gives you an outline:

- 1. Define your destiny.** Know where you want to be in life. Do you want to be a CEO? Or do you want to be happy with what you have? Think about what result will satisfy you. However, try not to think about achieving this end result in this step. For example, if you are working in lower ranks and getting by day to day, making a million dollars might seem like a ridiculous idea in the current state. However, if you want to make a million dollars, you first need to strategize and take action. So, before you strategize, define what you want to achieve.
- 2. Strategize.** Strategize how you want to achieve it. Strategy is how you go about achieving anything



in life. Life is all about strategy. Strategizing is a process where you find all the factors that influence your destiny and arrive at a plan to control them.

3. **Commit.** Once you strategize, make a commitment every day to achieve your strategy and your goals. Spend a few minutes out of your busy life achieving your dreams. The time you spend on that will be much more fulfilling than the adrenaline rush of doing urgent things.
4. **Start.** Once you strategize, just start working on it. Journeying to the moon begins with the first step toward the rocket.
5. **Persistence, persistence, persistence.** Once you start, you have to keep at it. You will always face obstacles. Plans never go as planned. However, you should never lose sight of your goal. If you have the persistence, you will alter the plan or keep at the plan to achieve your goal. In a practical sense, once you start applying your

strategy in the first couple of weeks, you will be excited. After about three weeks, it will become a routine. Also, you might go through a difficult patch in your life and not get a chance to look at your goals. Just keep a reminder in your calendar or on the fridge to revisit and revive your goals. Get back into your plan and keep at it. Getting back to a strategy is better than abandoning a strategy. Finish what you started, as long as the end goal still makes sense to you.

Conclusion

Destiny is something that is within your control. Controlling destiny is about identifying the factors that influence our final destinies and changing them to get the outcomes we want. Strategy is the key to that control. It allows us to get at our dreams through little steps every day. There is never a dream that you cannot achieve.

Need Help? Have a Question?

Call Greg's "Wonder Woman" assistant Christal. She will assist you in with booking information or answering your questions. Call her at 304.400.4703