

Being Aware

I don't know about you, but I believe that for a large portion of my life I just "did." Sure, I had to think a little bit about what I was doing, but for the most part I was living on autopilot. You know what I mean...it's like driving your car to work. Sometimes you get there and don't really remember driving there! Now, that's scary.

How many of us really live our lives thoughtfully...being aware? Sure, I guess if we had to think – really think – about everything, we might be worn out by noon, but here's the real issue...what is our quality of life if we never think about our life? That's right. I see people daily just going about their lives like zombies. And, luckily, for some of these people, their lives seem very successful.

For example, they have a routine for getting up and out of the house and getting their children to school without too many issues. They have jobs or positions that make them feel valued – like they are contributing. Sure, they have minor hassles, but nothing to really complain about. They have a comfortable relationship with their spouse. They take time to relax with their family. Together they get chores accomplished to continue smoothly through their routines. But they don't ever "think." They don't ever fall out of their "routine" unless, or until, something "rocks their world." Hopefully, it is nothing major. They just "do."

Perhaps, today, you will take a few minutes to think about how you will spend your day...oh wait, that might be too "big" of a stretch. Perhaps today you will take a moment to think about what you are about to do. Do you want to do it? Will it give you joy? Is it something someone else made you feel like you "had" to do? Will it bring joy to others? Will it make your life easier? How will you do it? What actions will you take? Is there a better or easier way to do it? Will you be inspired in your actions? Now, that's a lot to consider for a single moment.

Just today, choose a moment in your day to really think. Be aware. No, I didn't say be wary...be aware. Live your life on purpose. Choose to do something today – mindfully. See what happens. You don't have to label it good or bad. Just be aware. Today isn't about change; it's about being – being aware.

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