

## Who's Driving You?



Last month on the Kick-Start Deb asked, "Who drives your car?" What she was asking was: who drives your life? Are you in possession of the steering wheel of your life? (Check back in the archives if you missed this show and give it a listen. The Kick-Start, 1/14/15). These are very important questions and deserve closer scrutiny.

**THINK.** Do you make the decisions in your life? Do you just make some of them? Do you make none of them? Who in your life makes the decisions that are not your own? Is your family the decision makers? Your partner? Your friends? This is your life and your path! Do you know where you are going? Do you have goals? Are you following them?

While going through your day make the conscious effort to recognize the decisions that are being made concerning your life. Are you making them? Are you making them to satisfy someone else? Or do you agree with it? Did you make it entirely on your own? Can you make the decision facing you right now or are you paralyzed into making no decision at all, following blindly the decisions of others? Sadly, many people don't and allow others or circumstances in life guide them through.

**FEEL.** As you think about where the decision making is coming from, notice how you feel. Happy? Content? A feeling of satisfaction? You probably made that decision or at least were instrumental in making it. Unsatisfied? Sad? Angry? That decision was likely partly or entirely not made by you. Do you suffer from frequent, unexplained headaches or migraines? Catch way too many colds and sore throats? Not making your own decisions not only affects thought processes, feelings, and enjoyment of life, it could start affecting your physical body.

**DO.** As you recognize the decisions/goals that are not yours in your life work to change them to be in line with your desires and goals. Realize that you are worth attaining them and make the necessary investment in yourself. It's your life. Live it to enjoy. You are behind the wheel. Ask yourself what you need to do to make your choices come about. Maybe you have to take a course, go back to school, open a business, step up your pace, slow down your pace, etc. Make the necessary changes. Maybe you have to "take care of

business” and undertake some things that a difficult, such as confronting the person(s) that have made your past decisions, but you are worth it. Do it for yourself! Be prepared for a possible push back from others and keep an eye out for sliding back into your old patterns. Do periodic self-checking, asking yourself if decisions being made are still your own. Be resolute in continuing to make your own decisions and working towards you goals.

All this being said, remember you are not an island unto yourself and some decisions in life need to be made collaboratively. Compromises may need to be made at times, but remember, you have a say in these matters and contribute to the final decisions.

Remember when you first got your driver’s license and drove alone for the first time? Like most of us you probably felt ecstatic, free, powerful and yes, a bit nervous. You had the wheel. You were the one in control! Wouldn’t it be terrific to drive your whole life that way? Happy driving!

*With Gratitude,*

*Kai*