

Maintain Excitement In, Life!

Are you Depressed? Frustrated? finding it difficult to discover, or maintain excitement in your Life? Is feeling optimistic, motivated, and inspired, a big challenge for you? Are you caught up in a, dull, monotonous, boring, routine Life? Are you finding it almost impossible to find anything, interesting, or exciting, happening in your Life? If the answer is YES! Then you have, to address the issue immediately. You have, to ask yourself some tough questions and take a stock of your, current situation. Where you are, is not Important! Where you want to go, what you want to achieve? That's Important!

- 1) What area are you finding difficulty in? difficulty in either, finding anything exciting happening in your Life or maintaining, the excitement? Is it your, Job / Business / Personal Life / Relationships, or your Health? Is it one of these areas or more than 1? is it possible that you don't know the reason for your emptiness and desolation? There are countless people who go on with the daily grind of Life without being conscious or aware of what's important or missing in their Life?
- 2) Once you identify the area of concern, list out the things which are currently creating friction/tension and list out the things to be included / added, which can probably do the needful and bring back the much, needed excitement.
- 3) What are the sacrifices / adjustments, you are ready to make to try and fight for what you want in your Life? Once the above list is ready it's pretty, obvious some of the old has, to make way for the new! The new should be able to bring in the confidence you need to usher in the excitement you were always lacking.
- 4) Once you do find the excitement, is it temporary (lasting for a very, short time) or it's pretty, long lasting (before the whole exercise has, to be repeated) again. People often feel excited till they have achieved something they aspired to accomplish and find their excitement and energies plummeting again! (signs of short, term excitement / feel good factor)

Excitement can be found and maintained if you want! The question is, do you want?