



## Keep On Moving

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It is that “exciting” time of the year again when we find ourselves running around in desperation and in madness. Trying to squeeze it all in, that last minute emails, all the outstanding goals, finishing the reports that most probable will add no value.

Some of us are drafting up lists of *Christmas presents* and *New Years’ resolutions for 2023*, acknowledging the promises we didn’t keep, ignored or just cancelled because we were so busy and because those excuses were the easiest.

We are all trying to move forward, not supposed to let our days melt away. The amazing realization that to travel is better than to arrive and to seek the adventure in everything, lies in the reality that we need to be part of our journey.

Moving forward has changed, the old systems and how things were done, are gone. The reality is, the show must go on, your show. Your expectations, happiness, needs and passion are all determined by what happens to you and how you will react to it.

The finger pointing to the moon is “your” finger and “your” moon of choice. It is the road that you as a driver said yes too. Now is the time for you to realize that your blaming, doubt and fears is like your virus, leaving you blind, divided and it keeps you stuck.

There is just not enough time, keeping up our own morale, handling difficult situations and everything that is going on at this time of the year, all of that is also not the problem. *The real problem is that we don’t remain devoted to ourselves when no one sees.*

The level of the work we represent, with no admiration and no greatness, not completing our tasks because we don’t know if anyone would notice, the insecurities that are destroying us and *the desire for our own self-centeredness and our own pride is “the real problem”.*

The real question is, what excites you, what keeps you going, what creates the YES in you and in your life, what do you really want and for what are you willing to sacrifice yourself.

SGR Training provides strength-based courses that will assist you in all the different processes to self-acceptance, self-approval, new-found confidence, re-assessing and redefining who you really are and what you really stand for. You will learn that you don’t know everything and that You are OK.

***Live your life the best you can.***

