



40.get over it

"I decided I can't pay a person to rewind time, so I may as well get over it." - Serena Williams

That's about it, really. Accept that it's done and get on with the present. It's very easy to remain in the past. Everything that is wrong with your life is the product of past reactions and behaviours. It's very easy to say you can't do something because you were always told you couldn't, or to remain a victim of circumstances that were beyond your control.

It's easier to stay on the well-beaten path than to bushwhack a new one. It is also boring. It is boring to you and it is boring to everyone else. Why do you think there is so much focus on the negative? So much gossip? Because it adds drama to what is essentially a tedious existence. And it keeps us focused on the negative right along with everyone else.

So if you aren't happy with now, get over all that stuff that is keeping you here and go forge a new trail. Read self-help books, get counseling, take a step toward something that truly grabs your deep-down interest, open your eyes to the possibilities. Sooner or later, you'll get over it.

