

Waiting

Every person I know is waiting for something to happen. Waiting for the economy to turn around. Waiting for spring to arrive. Waiting for their house to sell.

Some of you are waiting for a divorce to be final. Counting the days, hoping that single piece of paper will finally bring you closure. Others are waiting to make a sale, hoping the commission holds off the creditors for one more month.

All my life there have been moments of waiting. When I was first pregnant, I couldn't wait until the baby finally arrived and I got to see his face for the first time. Then I couldn't wait until he took his first steps. Until he toddled off to kindergarten. Then high school. University. And now I can't wait until he calls or comes home to visit.

The current state of our economy has thrust a majority of the population into the eager and anxiety-ridden state of waiting for change.

Waiting, it seems, is part of living. Why is it then, that for some the waiting seems to be peaceful, calm and serene, and yet for others the waiting is filled with anxiety, worry, anger and fear?

The answer is really rather simple.

For some we are happy right now, yet others are holding happiness hostage until the waiting period is over and whatever they are waiting for has arrived.

We all crave happiness. That peaceful feeling that all is well and we can rest easy. Far too many believe this comes *after* we have reached a milestone. *After* the waiting is over, as though it's a destination we must arrive at first.

We believe that when the economy turns around – then we will be happy. Or once the divorce is final/the house sells/the teenager gets accepted to university – then we can rest easy as all is well with the world.

Sadly it doesn't work that way. Life will always make you wait for the next big thing. It's what life is! Although you may arrive at happiness when a certain waiting period is over and a goal has been met, it will last a mere nanosecond before life throws the next curve in your path.

So then, the lesson for today is this. You must learn to find that peaceful, happy state WHILE waiting. And it's rather easy to do.

We all live with lists in our head, including one with all the stupid/awful/anger-inducing/peeve-you-off/depressing things that happen every day. Every time something or someone grates on your nerve, whether you realize it or not, you add it to the list. As the day progresses this list gets bigger, longer and more intense. To the point, by days end you are in a foul mood from all the things listed on your imaginary 'crappy-day-list.'

We also have the capacity to keep a list in our head of all the great things that happen throughout the day. When we are feeling perfect and the world is spinning in a wonderful direction, it's easy to add items to this list.

What the majority of us don't do is keep both lists going simultaneously. When the world seems to have it out for you it is more important than EVER to keep a great thing list.

I actually call this my '5 Great Things' list. Everyday, usually just before bed, I write out five amazing, wonderful things that happened that day. Sometimes they can be as simple as 'the sun was shining,' or 'my eldest son called me.'

If you want to successfully find contentment NOW and not hold happiness hostage until your waiting is over, I suggest following these simple steps.

1. Write a 5 Great Things list every day.
2. Write it! In a journal - on scrap paper - on toilet paper - it doesn't matter. Just write it. Why? Because it's really hard to remember good things that happened yesterday when the problems of today are overwhelming. Having them written will allow you to re-read and remember. Remembering keeps you in a positive mindset.
3. Write it EVERY day! No excuses!

Having trouble thinking of things to write? Here are some things I will write on my list today:

1. The sun is shining.
2. One of my favourite student volunteers is coming over today.
3. I'm mountain biking this weekend! Oh! Ya! Baby!
4. My morning coffee tasted fabulous!

By creating a Great List, your mind takes a break from the Awful List. Eventually you will find that you can't write down all the great things that happen every day. There are simply too many. As your Great List grows and over takes the Awful List in size, your attitude changes.

In essence, you train your mind to think and feel differently about the current state of your life. You will automatically be happier. More content. And the waiting for all those things you are waiting for will seem less troublesome. When you focus on what is good, even if they are only trivial little things, your mindset changes. You become positive, which attracts more positive.

With finding peace and contentment every single day, you start to enjoy your life as it is now, even though all that other stuff is still going on, even though you are still waiting for things to happen. And isn't that amazing. That YOU control the state of your own happiness regardless of what's happening out there in the world.

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