
Redefine your path and change your life

Most people believe that there is only one route to be taken in order to reach their goals. When faced with a limitation or challenge, they tend to become frustrated some even give up. Often times all we need to do is redefine our way of doing things. This way we are able to think differently about the problems that we face and can even turn them into possible solutions. Redefining your way of thinking does not mean forgetting about what you want to achieve but simply put, it is a way of upgrading and updating your ways of doing things.

Insanity is doing the same thing over and over again and expecting different results-Albert Einstein

Albert Einstein defines insanity as “doing the same thing over and over again and expecting different results”. Some of us are swimming in our own insane ways of doing things. We go back and forth repeating the same mistakes and wondering why we see no growth. Most of us are comfortable with doing things in certain ways and we fail to challenge the way in which we think about problems. When you realize that your initial strategy to “get something” is failing and you are stuck in the same position you were in before, then it is time do things differently.

There have been challenges that I had to go through that helped me realize that I needed to change/ improve the narrative of my life. Let us take my university career as an example. I did not have clearly defined goals when I started and my mindset was all over the place. Even though I was good at making it seem like I had my life all figured out to everyone else, I did not really know where I was going. It took a series of challenges and failures both academically and in my life to help me redefine my path and learn more about the goals that I want to achieve.

It is very important to see growth during the process of achieving your goals. In order to see growth, reflect back on your progress and redesign anything that brings about limitations to your success. You are the captain of your own ship, take the lead!

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