

# **HAVE YOU EVER LOST YOUR MOTIVATION?**

by A. Chernoff

**H**as life ever hit you so hard you wondered how you'd ever get out of the rut you're in?

I know exactly how you feel. I've been there myself. And, above all, what you need to remember is that the next step is ultimately your choice...

Yes, it's your choice.

**YOUR** choice.

You are choosing right now.

And if you're choosing...

to complain...

to blame...

to be stuck in the past...

to act like a victim...

to feel insecure...

to feel anger...

to feel hate...

to be naïve...

to ignore your intuition...

to ignore good advice...

to give up...

...then it's time to choose differently.

**B**ut, let me also remind you that you are not alone. Generations of human beings in your family tree have chosen. Human beings around the world have chosen. We all have chosen at one time or another. And we stand behind you now whispering:

Choose to let go.  
Choose to be present.  
Choose to be positive.  
Choose to forgive yourself.  
Choose to forgive others.  
Choose to see your value.  
Choose to see the possibilities.  
Choose to find meaning.  
Choose to prove you're not a victim.

Choose to find the motivation you need  
to take a step forward.

