

Questions for Change

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Some of the questions you may ask yourself:

Do you know when is the best time for you to change your life?

- What do you want for your life? Why?
- Who is your inspiration? Why are you inspired?
- Can you find time to reflect on your purpose?
- Can you see your life one (1) year from today?
- Do you think you can change your life?
- Are you ready to work or plan your next step?
- When you get bored or tired, will you be able to find your inner strength to keep going onward

Am I willing to do something differently?

- Do you want a new life for yourself?
- Do you understand what recovery is for you?
- Do you know what you are working towards?
- Can you begin to plan your day/week?
- Are you willing to meet new people, and leave your non productive behavior and friends?

Life is an echo: What you send out, you get back. What you give, you receive. When you bring out the best in others, you bring out the best in yourself.

- Anonymous

During these times I prayed for people to come into my life that was willing to support me in making a change! Support was not something I knew how to give or receive!

Yet, ultimately it was up to me. I was unable to blame, wish, and expect anyone to read my mind or make my life work for me. This process was hard to accept about myself and life...It took me awhile to allow this awareness to become an integral part of my new culture. So ask yourself:

- Do you want to share yourself with the world or community?
- Do you have a new/old dream?
- Who do you want to become?
- Are you willing to change the way you see yourself?
- If yes, is the answer to any of these questions?

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