



A Personal Note from Single Steps Strategies Founder Mary Grace Musuneggi

Making the Choice to Change

There once was a man who lived with his dog in a house with a big front porch. Every morning the dog would go outside and lie on the porch. For the entire time he was there, he would whine. Eventually the owner would call him and he would go inside.

After many months of this, the other neighbors began to become weary of listening to the sound of the dog. A group of them decided to approach the owner and demand that he find out what was causing the dog to whine; and put a stop to it. Was he ill? Was he sad? Was he in pain?

When they confronted the owner, he responded by telling them that on the spot where the dog lay was a nail. And as he laid there on the porch the nail irritated him; and that was what made him whine. The neighbors were quite taken aback by this and asked the owner, “Well, why doesn’t the dog just get up and move from the spot?” And the owner replied, “Some times putting up with the pain of doing the same thing over and over again is easier than suffering through the pain of having to change.”

How many of us have convinced ourselves that we need to put up with the pain of an unhappy life, an unsatisfying career choice, a bad relationship, because we believe that it is easier to deal with the pain we know, than suffer the pain of trying to change?

The choices we have made in the past have brought us to where we are today. If we are not where we had hoped to be, then we have made the wrong choices. The first choice we have to make now is the choice to change. Insanity is sometimes defined as doing the same thing over and over again; and expecting to get different results. Like the dog, we will never end the pain unless we get up and move

But, you may be saying, “Well, why didn’t the owner just remove the nail?” And he could have; and maybe he should have. And maybe you are thinking that you are waiting for someone to come along and initiate a change for you. Someone else to change your circumstances, instead of taking on the responsibility yourself? But what if that someone never comes?

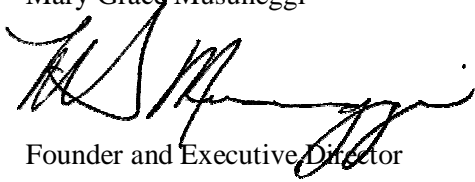
I have heard people say, “I will do things differently when the kids grow up; or when I get that promotion, or when I hit the lottery.” Always waiting for “when” and not making the decision to change their world “now”.

Jim Rohn in his poem “Change Begins With Choice” reminds us that, “if you don’t like how things are—change it! You are not a tree. You have the ability to totally change every area in your life—and it all begins with your very own power of choice.”

As we continue our journey through this New Year, from the coldness and dreariness of Winter, to the warmth and beauty of Spring, Nature is a constant reminder of how the world can renew itself. We too can make the choice to renew, to change, to have the life we want.

Join *Single Steps Strategies* as we present upcoming workshops to help you make those changes in your life. We look forward to being part of the process in helping you build the life you want. We are happy to be part of your life's journey. And all of life's journeys begin with a Single Step.

Mary Grace Musuneggi

A handwritten signature in black ink, appearing to read 'M. Musuneggi', written in a cursive style.

Founder and Executive Director

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