

# arlene | rosenberg **Standing Strong**

## **Expectation of Good In Hard Times**

I had two clients in totally different fields that landed new jobs with a six-figure salary. In each case it took almost a year for them to find the right opportunity, which is not uncommon at their salary levels. Fortunately, each individual was still in their old jobs. There were many disappointments during the journey and at times much despair despite my constant reminders that their good would come and with patience the perfect job would appear. Interestingly after they received their offers, each coachee came back to me and stated that all the disappointments were worth it because they did find the ideal job they were looking for.

What is it that keeps us from believing that we can draw our good to us from the universe? The answer is fear and lack of faith. Most of us constantly question and doubt whether or not we are really worthy of what we want and then feel so disappointed when we do not create what we want. This is why it is so important to study and learn how to live our lives from the inside out. It requires being vigilant with doing the inside work -- affirmations, journaling, prayers and meditation and meditative reading. Exposure to lectures and like-minded people who will help support and guide us in seeing what we always cannot. When we are able to achieve this practice we will live from a belief system that is based on expectancy of our good, thus allowing the creativity of the universe to flow through us. We will come to realize that problems are only challenges that push us to grow and think in terms of new ideas and solutions that bring us to new levels of consciousness.

Unfortunately, so many of us get so caught up in our problems at work and home that we become victims of them and cannot see the forest from the trees. We prefer to live in states of denial and refuse to take the responsibility for new actions that will help change our thinking and lives. The only way to reverse this behavior is to accept that sometimes painful change requires hard work but the rewards will be better than we can ever imagine. Over time it becomes easier because we start to recognize the genius and power we have within ourselves to draw our good and create what we desire.

If you look at the best leaders, you will find that they have developed a system to do their inside work. What will it take for you to take the responsibility to walk through your fears and make the internal changes that will bring you the life you've always desired?