

I am ok

After thousands of coaching sessions I realized we all have problems.

What does it mean?

Being on my phone while driving  
Not wearing my seat belt

I can allow myself some slack.

Do the next right thing.

Can I be a good parent if I am not on speaking terms with my kid?

Things are constantly changing.

Finances  
Health  
Business  
Relationships don't stay the same

Our life is like a garden. If you take care of the garden you will have a beautiful garden

Come to acceptance that we all fall short, we all don't follow through on things

The flipside of this is true as well. Come to acceptance that others fall short and others don't follow through on things.

Bonus Video – If you are going through a tough time watch this -  
<https://www.youtube.com/watch?v=S-Il-HgByjo&t=4s>