

Radical Acceptance #4

What is a fact that is bothering you, accept it for what it is, just that. Do not overthink it. If it is something you can deal with today deal with it . If it is a situation which cannot be dealt with or a situation that may or may never be dealt with, put it on a shelf until the right time and then move on in your day.

This is an important concept to learn. Many times we waist our day away by focusing on changes we have no control over, dealing with problems we have no control over by spending our day trying to problem solve when there is no immediate solution or no solution at all.

Remember to move forward in your day in a positive way and working on doing one thing at a time! Spend time in prayer, worship, in the Word....

Donda