

ARE YOU LIVING A GROUNDHOG DAY LIFE?

By Debbie Friedman, M.S., C.Ht.

Does anyone remember the movie *Groundhog Day* with Bill Murray? Every day Bill's character, Phil, would wake up and find himself trapped in a kind of nightmare: the same people saying the same things, the same events happening, and he felt that he was going nuts as he had to repeat the same things day after day after day.



It was fascinating to watch Phil make different choices in experimenting with ways to change the day and to break the cycle. Ultimately, the only thing he could change was himself, his actions and his attitudes. Discovering that, and creating a life full of joy, love, and service as he truly made a difference in the lives of those around him, the chain was broken and Phil was set free.

Does this ring a bell with any one else out there? *Have you ever felt that you were watching the same scenes unfold in your life day after day, year after year?* Oh, yes, the names, places, and faces may change, but the events and circumstances remain the same.

It's intriguing and it's a powerful lesson to remember as we look at the stories we tell ourselves in our own lives. I don't know about you, but there's a part of me that feels sorry for the people who keep recreating the same experiences in their lives time and again. They just don't know any different – they don't know that they're really in control and can create whatever life they choose.

Now, for those of you who have been reading my articles for a while, and especially for those who have taken a workshop or seminar with me, you DO know. You KNOW that you are in charge. You KNOW that you create your life by what you think, by what you focus on, and by what you give emotional energy to.

Manifesting is a right, but it's also a responsibility. If you look around your life and aren't absolutely thrilled with some part of it, ask yourself now: What am I thinking, saying, or doing to create this is my life?

Change your story, change your belief, and change your life.

As Wallace Wattles writes in *The Science of Getting Rich*, "...people get rich by doing things in a certain way, and in order to do so, people must become able to think in a certain way. A person's way of doing things is the direct results of the way he *thinks* about things. To do things in the way you want to do them, you will have to acquire the ability to think the way you want to think. This is the first step toward getting rich. And to think what you want to think is to think TRUTH, regardless of appearances."

It's important, too, that you begin to think, say, and do things that match up to support your choices. This is also called being congruent. For example, if you think and affirm, "I AM a success!", walk around and tell people "I AM a success!", and then run with fear every time an opportunity presents itself for you to move forward, you are not matching your actions with what you're consciously thinking and saying! You are not being congruent!

Here's an example that might hit closer to home for some of you. If you are affirming the belief "I am financially free" (or something similar) and you go into a state of panic or terror when it comes time to pay your bills, you are not matching your thoughts and words with your actions. You are not being congruent! Worst yet, by entering into that state of worry, doubt or fear you are actually driving away whatever financial abundance was coming to you!

YOU are the author, the creator, of your life. What story do you choose to write?

You CAN have anything that you choose in life, so choose the very best.

YOU deserve it!

Debbie Friedman, C.Ht. is a gifted and inspiring *Certified Clinical Hypnotherapist* with more than twenty years in the field of personal growth and development. [Contact Debbie](#) to claim your two free audio CDs and the seven beginning steps to Living the Life You Love to Live. Debbie is also *Conscious Creation Mentor* for our [WS Team](#).