

The *You* that you want to be

by David little



I was watching a film the other night & it really struck a note with me. The film is called "***One Week***", it's about a man who is diagnosed with a rare form of cancer. He is told he has a

one in **ten** chance of survival. This has a big impact on the way he sees his life & the *choices* he makes.

I'm not going to give you the details of the story as you may want to watch it yourself.

The premise is self examination, a deep microscopic look at the inner workings of his (***your***) life. In his case he decides to purchase a motorcycle on a whim & ride across Canada on a journey of self discovery. There are many "***Aha***" moments along the way. He begins to look back at all the missed opportunities & *directions* his life could have taken. It spurs him to look where he could go with his life and the way the ***Universe*** presents itself to him (***us***).

I really **connected** with the main character in this film as he traveled on this journey of *self discovery*. It made me think about why we do things in the past or future tense. Always anticipating or lamenting choices we

made or are about to make. This character began to break free from these *conventions* & take **action** and **direction** in his life, sometimes resulting in **BIG** shifts in his *views & beliefs*. Looking at this stuff can be **uncomfortable & messy**; however it can result in a new positive direction.

I always find that when I think I'm ***off track*** or ***down in the dumps*** that I'm going in the wrong direction. Then the **Universe** brings someone or something into my life that sends the message ***I am*** on the right track. You have to follow your heart & do the things that are right for **you**, NOT someone else. If you come from a place of **Love & Joy** then the choice will be obvious. You **can** do this without ***judgment*** or ***fear*** of what people will think of you & pretty soon you will **begin** to live the life you really want & need. That's when profound change starts to occur.



What are ***you*** waiting for ?
Take a **chance** on yourself. I think you will be pleasantly surprised at the results.

[Who is David Little anyway?](#)
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