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Hi <<First Name>>,

I was thinking today during a conversation I was having that there are truly patterns we repeat in life. I'm no exception because I can think of several, without breaking a sweat.

Some days in life it feels like we're at the mercy of some unseen force that is pulling the puppet strings. Maybe it feels like we're getting nowhere or that the wrong people and situations keep showing up in our day.

It's my view that patterns keep showing us something we need to learn. If we don't learn the lesson the first time, they show up again in another way. If we don't learn the lesson this time, we'll see them at some point down the road. They may vary slightly or significantly, but they will appear.

Of course, we can go unconsciously through life not seeing them, but we'll struggle. We can also attempt to portray that we are dealing with them, but the journey of our life's path knows the truth.

Sometimes a big pattern in life takes us a long time to learn. Often, we learn a few things that prepare us for the next round.

While I could list the ones that I face, I'm more concerned with how we move forward.

This [topic](#) was on my mind today, but I'm curious, "[How do you see patterns](#) in your life and if you see them, what do you do to change them?"

Don

P.S. If you find these newsletters helpful, please do me a favor and pass them

"I'm learning in life that there are patterns I keep repeating. If I can identify them, I have a chance at changing how I react to them in the future."

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