



Most people have a desire to be in a better place tomorrow than they are today. It's part of what makes the human race advance – the need to improve and be better. It doesn't matter what the goal is. It could be physical, emotional, professional, spiritual, etc. Some people get to where they want to be faster than most, while others never achieve anything they wanted in life.

There is a quote in the book "Dumbing Down our Kids" by Charles Sykes that says "Life is not fair - get used to it." Here's the good news: I unequivocally believe that this saying is *WRONG!*

Life is 100% fair. You get anything and everything out of life that you put into it. Sure, we have no control over who our parents are, or what economic status we were born into, etc. but this is not the point of life and nowadays many people are missing that very important fact.

The point is to take what you have and make the best of it, and you can leave the rest up to the man upstairs or whatever you choose to call it.

Without a shadow of a doubt, when we humans do the right thing, not only for ourselves, but the human next to us, miracles occur... and it just blows my mind.

When we tend to our bodies, take care of our minds, build our character and constantly work toward being a better person with the tools that were given to us – and with an end goal in mind

– the stars will align.

Michael Phelps said it best in his interview on NBC after he won the last of his 22 Olympic medals and was asked about training. Phelps said something to the effect of, "I had to do things that I didn't really want to do." The ability to delay gratification is a main tool in getting where we want to be. Sometimes, to get to where you want to be, you may have to do things you don't want to do. Plain and simple.

Nobody likes taking out the trash, but if we didn't do it, we would be living in a pretty nasty world. So the action to avoid having a smelly, disgusting home is to take out the trash. The same rule applies to everything else. If you wish to lose 50 lbs, you have to start exercising and eating right. If you want to get stronger, you have to lift heavier weights. If you want a healthy and drama-free life, you might need to clear the trash from your mind or certain people from your life.

The best part is that once you (1) step out of your comfort zone, and (2) do things that you don't really like to get the results you want, it becomes easier and easier every time. The more you do the things that are uncomfortable, the easier life as a whole becomes, and then dreams are realized. Step out of your comfort zone today and take a step closer toward being the person you were destined to be!

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