

## Settling

Once in a while I look around at my life and take stock of all I have. I've been blessed with great kids, good health, a lovely home and a job that's fulfilling. Having a marvelous boyfriend is the icing on the cake. I really can't complain.

But there's sometimes a nagging feeling in the back of my mind that I'm settling for less than the best. The years are flying by but is my life improving? Am I doing the same things as I did five, ten years ago? Am I really happy with the way things are?

I'm talented but am I utilizing those talents in the best, most creative way? Could my abilities be put to better use elsewhere?

And my home – is this how I want to be living in the next few years? Am I satisfied with my financial state or do I want or need more? Or am I just being greedy?

Of course, I can always grow and learn to be a better mom. But am I doing enough now to make those changes?

I know I'm not the only one who's plagued by questions and doubts and worries. In my case it's because I've settled for second best in the past, so I have years of a bad habit to break. Many women settle for second best. I think it's a part of our nature to put others first. Whether it's kids, spouse, friends or co-workers, we sacrifice and take a back seat to put other forward. If we do this too often, we end up in a rut of always being in the back seat, always being the one to opt out, always being the one relied upon to help others get ahead while we keep standing still.

Spiritually and practically, helping others isn't a bad thing. I mean, can you find fault with Mother Teresa? But to make better lives for ourselves, we have to put Mother Teresa's persistence (in doing good) to work. We have to take a stand for ourselves, because no one else will. And the more we stand up for us, the more respect we'll get.

Being a doormat doesn't do anyone any good. So let's get up and get out and get moving.

After all, who wants to settle for second best?