

Riding the Escalator



Many of us subconsciously view life much like riding an escalator. We step on, then just sit back and let life happen to us, hoping to eventually get an easy ride to the top where we will find happiness, health and prosperity. When something happens in life to cause our escalator to break down (financial problems, relationship problems, loss, illness, etc.), we may just sit there waiting for somebody to fix it, while complaining about life not going the way we want it to. While the thought of somebody being “stuck” on an actual escalator is ridiculous, many of us think we are “stuck” with various challenges we face because we don’t want to (or don’t know how to) take steps to overcome the problem and reach our goals.

The world is constantly looking for an easy ride to the top...a pill that will make you healthy or happy, the right person with whom “true love” will just come naturally and last forever, the winning lottery ticket, etc. But the truth is that life’s escalator doesn’t move up all that much on its own. It is either broken down and not moving, or it is moving downward. Without our constant positive effort, our health, spirituality, relationships, and emotional perspective will all tend to deteriorate.

When it comes to health, happiness and prosperity, there is no such thing as coasting to the top. We must learn how to act for ourselves and take control of our lives, and not just wait to be acted upon by life. Successful and happy life comes from intentionally taking steps every day to keep our physical, mental, spiritual and social life moving in a positive direction.