

## ON AGING – CHOICES

By Donna Deos

Life provides us many choices. Some small, some big, some seem like the same one time and again. Why does this happen?

Well, it's because we are always hoping for something more and different. In response, life gives us the choice of having that something new and different or staying with what we are used to.

Have you ever had the friend who seems to date the same person over and over – even though they are dating different people? They pick the same type of person and it never seems to work out. They are given chances to date other types of people, but they end up turning them down. See, they say they want the nice person who will love them and honor them and be a true partner, but then they come up with reasons why that person is not really who they want and they end up with the same old unhealthy relationship. And, the cycle repeats for them.

The same thing happens in other areas of your life as well. Career choices: same old stressful, no promotion, dead-end job? Same old high pressure job? Same old nobody at work takes me seriously? They always dangle the promotion in front of me but then never give it scenario. The list goes on.

The thing is, you do get presented with other career opportunities outside of that company or that industry, but do you take them? The only way to get out of any of these decision ruts is to take the road less traveled. If you keep taking the safe choice, the familiar one, the one that you are comfortable with, you will end up with the same results. You



have no idea how your life can change if you do not take the different path. So, take it sometime! "If you always do what you've always done, you'll always get what you've always got." I believe, Wayne Dyer gets credit for that one. It's so true.

This is part of why people find it easier to just stay in their home instead of moving to an easier place to live. They know this house, they know what is wrong with it, what is great about it, all of the history of it. They know what work needs to be done on it – they likely have no idea how to get it done or how they will afford it – but they know it's flaws. They know the neighbors, mostly. It is comfortable. It may not work as well as it used to for them as it's too big, things need to be fixed, the garden and yard work are too much now, and those stairs are a killer! But, they stay anyway.

They could take another path and move to a smaller place where they have all the space they will actually use and none of the space they no longer even go upstairs to check on. They could have a new place filled with other people close by to do things with and meals and activities just a short walk away. They could have all of the maintenance

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and yard work taken care of as well. But, do they? What is the cost of that decision?

Sometimes it is starting all over. It's downsizing, and moving and setting up a brand new space. It's going outside of what is comfortable; and it is a lot of work.

Only you can decide if you want to choose the path less traveled by you and change your life. Only you can decide if the same thing over and over again is what you want or if you really do want that life you have dreamed of, wished for and been presented with opportunities to have, but so far haven't taken.

Look back on your life. Do you recall the people, events and opportunities that have come up in your life? Did you choose to do something new? Or, did you choose to repeat the same patterns over again?

It's not too late!

Also, if you do seem to be heading toward something new, different and exciting, be prepared for life to test you. That old boyfriend or former boss or co-worker will call you up and try to tempt you with the same old, same old. This is the Universe saying –

do you REALLY want the new thing? It's kind of like the devil angel on your shoulder in the cartoons that pops up to talk you out of whatever the heavenly angel was talking you into. Don't fall for it. You deserve what you have always wished for and dreamed of.

So, next time you're standing there, looking at the 2 paths: the one you've beaten clear and the one you haven't even stepped on; think about this and sit with it. Give it the time it deserves. Search your soul and find out – if you were gone tomorrow, would you be sorry you never even took one step down that other path? When you're 80 or 90 years old and reflecting back on your life, will you be happy with where you are and how you arrived there? Or, will you wish you had done a few things differently? What will you choose next time you stand at that fork in the road? It's not too late. There are always more chances.

Wishing you happy and positive journeys!



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