



Things to Ponder

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Continue to Grow

By Judi Moreo

There is no reason why we should ever stop growing. We should do something every day to expand our minds. Many of us stop learning because we let our imaginations lie dormant. We don't use them. Also, we let negativity creep in. Often people say, "I'm too old," or "The competition is too great." If you think you are too old, you should meet my friend, Dominic's, mother. She is 96, healthy, happy, and still works as a legal secretary. She has been in this position with this firm for more than 50 years. She stays vital, vibrant, and alive because she has purpose and passion for what she does. She continues to enjoy her quality of life long after many have given up.

Just because you have gotten this far doesn't mean you have all the knowledge, skills, and ability you need to survive and thrive in the world. People want to know what you have done lately. You are never as far as you can go. There is no finish line! Use your imagination. No matter what circumstances we are in or what age we are, we can keep creating better conditions. Even if it's just one percent better than yesterday, it's a step forward. If you keep this in mind and practice this approach, you will find that every day, every month and every year you will be advancing. Set your sights on the greatest goal you can think of and hold it in your mind. Whether it is experience, an advance degree, a certification, or winning a trophy, keep going. Keep learning. Become the best you can be at whatever you are doing, whether it's being a parent, working at a trade or in a service position, or conditioning your body. Do it to the best of your ability.

(Excerpt from [You Are More Than Enough](#) by Judi Moreo)

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Judi Moreo - Winning Solutions judi@choicesonlinemedia.com

