

Aim for the Future ... but don't get ulcers waiting for it to happen!

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By Edward B. Toupin

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It is always good to aim for a vision, to pursue a goal, and make your dreams come true. However, there's a difference between chasing your dreams and anticipating the outcome of the dreams. The main idea behind dreaming and pursuing your goals is to provide a sense of direction with positive action. One mistake many people make is that, once they define a vision and set goals, they just sit there and wait for something to happen. They wait for what "will" happen instead of enjoying and participating in what "is" happening. To make fulfilling, don't anticipate the future ... live in the present and work to attain your dreams of the future.

--- It'll be great, when ... ---

When will it be great? When the great event happens? When the vision shows itself? The problem is that, when this great expectation comes about, you'll be so frustrated from waiting that you'll miss it. On the other hand, by simply sitting there and waiting, the event may never happen because you didn't do anything to make it happen. Basically, you were busy waiting instead of busy doing.

One of the big mistakes that people make is that they live in a world that doesn't yet exist. They make lofty goals and have big dreams then they place all of their feelings, emotions, and being into what they "think" it will be like when their dreams come true. In fact, the dream may never come true, or it will change. Perhaps, you will realize that the dream you were chasing is not what you wanted in the first place. However, you'll never know if you just sit there and wait.

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As you wait for this spectacular moment to occur, you're missing out on everything that's happening now. You're missing out on life. This is where the frustration comes into the picture. You know you'll feel different in the future, but at this moment, you feel rotten, lost, or disenchanted. Part of the reason is because you're betting on something that may never happen. The other reason is that you're not actively doing anything to achieve the goals that sit in your future.

---- Aim for it, don't anticipate it! ----

When you feel that your life is not moving the way you want it to, you need to reevaluate your life and set a target. This target is the vision of where you want to be, or see yourself, in the future. Once

you know your vision, you have to establish a mission, or a plan of attack, to reach your vision. Your goals are then the steps along the mission and the actions that you must execute to perform the mission successfully.

Over the years, I've found that a vision in the future is a moving target. You can't expect to anticipate something that only exists as a dream of what you would like to be. The future changes based on your experiences, your knowledge, and your changing beliefs and desires. As it changes, holding on to something you once wanted only holds you back. You have to execute your goals to reach your vision and be ready to change your path and your mission when your vision changes.

---- What's next? ----

I once wrote this screenplay called "The Chamber." It was about a teleportation project gone awry. One of the strange side effects of the teleportation process was that the character ended up in the future, by several seconds, because of a temporal shift that occurred. When someone traveled via the chamber, they were, literally alone, in the future, for a period of time until the rest of the world caught up to them. Sadly, if you aim into the future and wait for something to happen, then you too are living in a non-existent time with nothing and no one else around.

Take the time to smell the roses. Slow it down a bit and take stock in what is going on now and not what "might" happen in the future. You're missing out on the world that you're creating if you're too anxious to be in a world that doesn't yet exist. This causes frustration, loss of direction and, in some cases, loss of desire. Realize that once you set yourself up and begin your mission to your vision, the idea is to enjoy

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the journey. Feel the fulfillment of accomplishing your goals along the way. When your life is directed at an objective, you're better able to control those things that would otherwise affect you. Aim for the future. Don't anticipate the possibilities as they're not yet here.

Edward B. Toupin is a writer and coach living in the "Entertainment Capital of the World." His inspirational and motivational works, for career and life fulfillment, help individuals realize their potential and establish the directions that will bring them the most fulfillment. His upcoming e-book, "Aligning Your Life," steps through a plan to help you organize your life to reach your vision. You can contact Edward at etoupin@toupin.com or <http://www.toupin.com>.

ULCERS ARE NO LAUGHING MATTER

By David Grisaffi

Peptic ulcers, which are in the stomach and the duodenum (the first part of the intestine leading from the stomach) can occur at any age and affect both men and women. Untreated, sufferers can look forward to a long siege with them. But today's peptic ulcer sufferers have a brighter prospect for relief than did those of even a single generation ago. There is now less than 1 chance in 18 that surgery will every be necessary and new medications act faster and better and offer more relief than ever before.

The warning sign of active ulcers you will most likely experience (if you get any warning at all) is a gnawing discomfort in the middle or upper abdomen that typically comes between meals or in the middle of the night. Food or liquids, including antacids and milk, can provide some temporary relief, but milk might not be all that good a remedy since it stimulates production of hydrochloric acid and other digestive juices which further aggravates the pain.

Antacids blended from aluminum, calcium or magnesium salts, have long been the non prescription drugs most people quickly reach for to get relief from their stomach pains. But, because antacids interfere with absorption of some medications, be sure to go over this with your doctor and get his approval.

You should never ignore any warning signs of ulcers. Ulcer complications are serious and in some cases can be life-threatening. If pain from ulcers persists after more than 10 to 14 days of self-treatment or comes back when treatment ends, you should see your doctor. The passing of blood through the bowels may be caused by some other problem, but it can also be an urgent warning of a bleeding ulcer.

Bleeding ulcers can cause anemia or, if the ulcer gets larger it may expand into a major blood vessel, a leak can turn into a hemorrhage, with only minutes available for life saving emergency treatment. Ulcers can also perforate and may erode completely through the wall of the stomach or duodenum. If this happens and the stomach's contents flow into the abdominal cavity, severe infection can result. A perforated ulcer is an emergency that requires immediate surgery.

It has been determined that smoking doubles a person's risk for ulcer disease. Physicians and

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researches have found that ulcers heal a lot slower for smokers, and smokers also have a higher relapse rate.

And you're definitely at risk for ulcers if you take aspirin and any of the other products containing aspirin. High-dose Aspirin, Ibuprofen, Naproxen and Piroxicam are in wide use today for many conditions, especially to relieve pain and swelling among the millions of people who have arthritis. These medications can irritate the stomach's lining and cause gastrointestinal bleeding.

Ulcers have frequently been the target for humor in describing the stereotypical aggressive, pressured, goal-or-career-oriented person. But for those who have them, ulcers are certainly no laughing matter. Peptic ulcers strike 1 out of every 50 Americans each year.

As research continues, there is now mounting evidence that something other than smoking, drinking, spicy meals, or a possible battle with the boss may be associated with ulcers. It is now believed that ulcers are the result of a combination of conditions, the dynamics of which researchers don't yet fully understand.

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"Ready, Fire, Aim"

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