

Always Want To Be Where Not - The Secret to Contentment

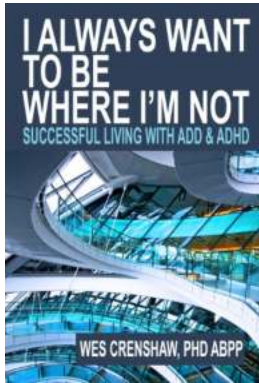
Have you ever found yourself yearning to be somewhere else? Maybe you're sitting in your office, dreaming about being on a sandy beach sipping a cocktail. Or perhaps you're at home, watching a movie, but all you can think about is exploring a bustling city. Whatever the case may be, this constant desire to be somewhere else can often lead to feelings of discontentment and a lack of appreciation for the present moment. In this article, we will explore this phenomenon and uncover the secret to true contentment: embracing where we are right now.

It's human nature to dream and desire. We are wired to strive for more, to dream big, and to set goals for ourselves. These ambitions propel us forward and push us to achieve great things. However, when our desires start to overshadow our ability to be present, they can become detrimental to our overall well-being.

What makes us always want to be where we are not? There could be several factors contributing to this constant yearning. One of them is the influence of social media. In today's world, we are bombarded with images and stories of people living seemingly perfect lives. Scrolling through your feed, you might see your friends on vacation, attending glamorous events, or achieving great success. This constant exposure to the highlights of other people's lives can create a sense of FOMO (Fear of Missing Out) and make us believe that our current circumstances are inferior.

I Always Want to Be Where I'm Not: Successful Living with ADD and ADHD

by Wes Crenshaw (Kindle Edition)



★ ★ ★ ★ ☆	4.6 out of 5
Language	: English
File size	: 526 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 245 pages
Lending	: Enabled



Another factor could be the quest for novelty. We are naturally drawn to new experiences and adventures. We seek the thrill of exploring uncharted territory, meeting new people, and trying unfamiliar cuisines. This constant pursuit of novelty can lead us to believe that the excitement only exists elsewhere, not in our current surroundings.

Furthermore, dissatisfaction with the present moment can stem from a lack of fulfillment in certain aspects of our lives. We may be unhappy with our job, relationship, or living situation, which makes us yearn for something better. This dissatisfaction can cause us to constantly fantasize about a different scenario, thinking it will bring us the happiness and contentment we long for.

However, the real secret to contentment lies in embracing where we are right now. This doesn't mean giving up on our dreams or settling for less. Instead, it involves shifting our focus from what we lack to what we have. It means cultivating gratitude for the present moment and finding joy in the simple things.

So how can we start embracing our current circumstances? Here are a few techniques to help us find contentment exactly where we stand:

Practice Mindfulness

Mindfulness is the practice of being fully present in the moment. It involves paying attention to our thoughts, feelings, and sensations without judgment. By practicing mindfulness, we can cultivate awareness of our current surroundings and appreciate the beauty and experiences they offer.

Cultivate Gratitude

Gratitude is a powerful tool for shifting our perspective. Take a moment each day to reflect on the things you are grateful for. It could be as simple as a warm cup of coffee in the morning or a supportive friend. By focusing on gratitude, we remind ourselves of the abundance and blessings that already exist in our lives.

Set Realistic Goals

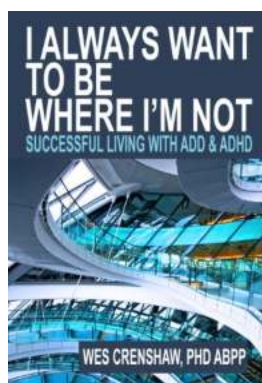
While it's important to have dreams and aspirations, it's equally important to set realistic goals and celebrate small victories. Often, our discontentment stems from feeling like we haven't achieved enough or comparing ourselves to others. By setting attainable goals and acknowledging our progress, we can create a sense of fulfillment in our present circumstances.

Practice Self-Reflection

Take time to reflect on what truly brings you joy and fulfillment. Sometimes, our desires to be elsewhere are not aligned with our core values and passions. By understanding ourselves better, we can make choices that align with our authentic selves and bring us contentment.

In , always wanting to be where we are not can hinder our ability to find true contentment. While it's natural to dream and desire, it's essential to embrace our current circumstances and find joy in the present moment. By practicing mindfulness, cultivating gratitude, setting realistic goals, and engaging in self-

reflection, we can unlock the secret to contentment and live fulfilling lives no matter where we are.



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Dr. Wes Crenshaw offers thirteen principles for successful living with ADD and ADHD drawn from twenty-two years of experience and 23,000 hours of clinical discussions with hundreds of interesting clients. Written in an entertaining, conversational style for readers aged fifteen to thirty, Dr. Wes pulls no punches in confronting the cognitive, social, emotional, and academic pitfalls people with ADD face every day. He also helps families, friends, and romantic partners understand a diagnosis of ADD not as something to fear or an excuse, but as a first step on the path to a better tomorrow.

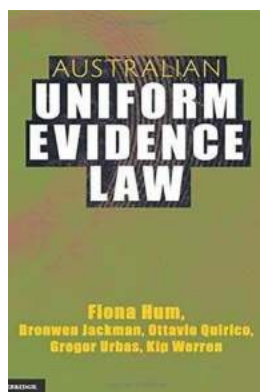
His principles include accepting here and now, living intentionally, making mindful decisions, recognizing and taking the right path and not just the easy one, wanting rather than wishing, finding and following life's instructions, managing crises, taking responsibility, attaining character through radical honesty, and

creating sustainable happiness through organized thinking and living. Finally, Dr. Wes guides you and your loved ones in how to better manage relationships, seek a good diagnosis, utilize therapy, and become your own expert on medication management.

* Have you been diagnosed with ADD or ADHD or do you suspect you should be? Do you really want to start solving your many riddles and living a more successful and productive life? This book is for you.

* Does your partner, child, roommate, or friend have ADD? Do you wonder what's going on in his or her head, and you really want to understand the secret code so you can better love him or her? This book is for you.

* Are you a little scattered or organizationally challenged? Do you struggle with details, follow-through, or in converting ideas into results? Do your people see you as fun and energetic, but uncommitted and difficult to pin down. Maybe you're an "ADD-learner." This book is for you.



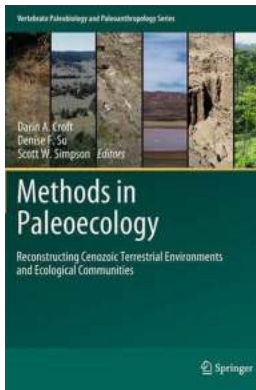
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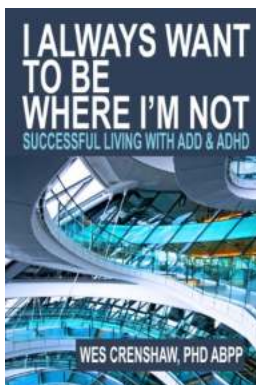
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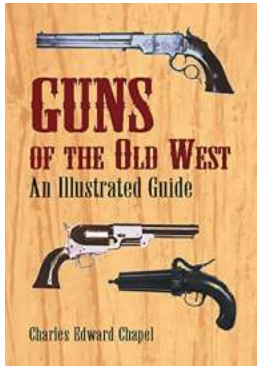
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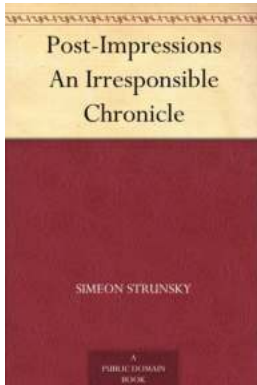
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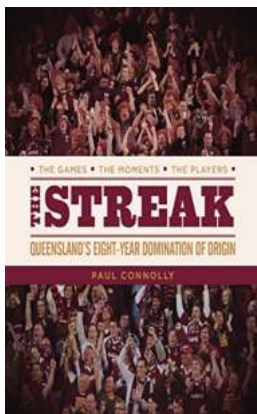
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