



Just Like You I Feel Lonely Too

A young man said once " JUST LIKE YOU I FEEL LONELY TOO"



I agree at times we all can feel lonely. But we can choose to continue to feel lonely or we can choose to change it.

Five Steps to take away the feeling lonesomeness

1. Enjoy your own company and be creative with your time. Time is precious as we can never get back what yesterday gave us. But we can always make good choices to enjoy tomorrow.
2. Find a hobby or create a project take your interest to another level and built something or create something that you could not imagine you could build. Invite a friend who has the same interest and enjoy being creative and seeing the project grow in stages. This gives you something to get excited about and never get lonely or bored. The great thing about projects there is never a time line you can always work on it on another day. And of course, always be proud of your accomplishment.



3. Join a community group or organization. You would be truly amazed on the knowledge and skills you learn just by volunteering for personal growth. Whether it is a monthly, yearly or just adhoc every experience you get in volunteering is worth your time.

4. Join a league, sports, bowling, painting, crocheting, walking group, bike club or any type of activity. Outside activities are a great little pleasure of fun.

5. Start to journal. But not just write about your day. Write about your feelings and what you accomplished, what are 3 things you like about yourself, what are 3 things you want to change in your life, create an action plan.

So the next time you feel lonely I hope you can make a choice.

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[Patricia Lavigne](#)

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