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Dear Fellow Single,

Thank you for trying this **FREE excerpt** from my new ebook, **Single & Sure**.

Before you start reading, I'd like to mention two aspects of **Single & Sure** that will help you in your life as a single person.

First, you'll not only learn about the mistakes I've made as single person, but you'll read about the missteps of other singles as well. Why go through the same pain and heartache when you can ***spot it in advance and avoid it?***

Second, you'll learn time-tested principles for living a happy, fulfilling life as a single person. It took me **years** to figure out some of these truths. I share **all** of these important life-lessons in **Single & Sure**.

After reading this excerpt and the Table of Contents, I hope you'll purchase **Single & Sure**, at [www.inspiration-for-singles.com/single-and-sure.html](http://www.inspiration-for-singles.com/single-and-sure.html).

Thanks very much, and happy reading!



Jack Zavada,

Author of **Single & Sure**

# Chapter 6

## How to create your future



With all the uncertainty in today's world, from corporate downsizing to terrorism, is it possible to be sure about your future?

And if it *is* possible, what does being sure about your future really mean? Does it mean no problems? No worries? No heartache?

In Part 2 of ***Single & Sure***, we'll explore exactly *how* you can be sure about your future, and what's more, we'll examine how *yesterday's* and *today's* actions can have a positive impact when your future arrives.

With all that in mind, consider this: Right at this moment, you are living in your future.

Some time ago, in your past, you made a decision to purchase this book, *then followed through with action*. As a result of those two factors (thinking and doing), you're now reading ***Single & Sure*** and—I hope—learning how you can live a happier, more satisfying life.



**Thoughts and actions in your *present* always  
affect your *future*.**

That truth is often overlooked. Most of us are so caught up living in the present moment that we don't reflect on how our actions and attitudes make a difference in our future. Increasingly, we're encouraged to live only for *today* and not worry about *tomorrow*.

Of course, there's a big difference between *worrying* about tomorrow and *preparing* for it. Successful people *always* prepare for the future. Unsuccessful people do not.

Somewhere along the way we got the notion that giving some thought to the future, any thought at all, would spoil our good time right now. Heaven forbid we should do anything to spoil our good time right now!

Too many of us have been lulled into the philosophy of "Don't bug me about my future. I'll deal with that when I come to it."

On the surface that may sound fine, but what happens is that you limit your choices when you do that.

**Choices = good. No choices = bad.**

Living only for the present and satisfying your immediate desires can have disastrous consequences. We don't think about debt while we're charging a bunch of stuff we don't need. We don't think about failing an exam and repeating a course while we're partying instead of studying. We usually don't think about the future when we're indulging ourselves.

## How to gain the gift of seeing ahead

Wisdom is one of the many gifts God is eager to give you if you ask him for it. One of the benefits of wisdom is the ability to see ahead. I'm not talking about psychic powers or fortune telling, but rather the ability to anticipate what the consequences will be for a given action.

It doesn't take a genius to foresee that if you go on a shopping spree and charge \$2,000 worth of gifts for yourself on your credit card that eventually you'll have to pay that debt off. Yet many singles routinely do things without considering what the aftermath will be.

Two skills come into play if you want to accurately predict your future: mindfulness and emotional control.

Buddhists have much to say about mindfulness, but it's not a religious technique. Mindfulness is the ability to have your wits about you, to be aware of *what* you're doing *while* you're doing it. Mindfulness means that you sharpen your perception so you're not only paying attention to the present, but also projecting what the consequences of your action will be. God wants you to act responsibly, and that's what mindfulness does.

Many of us are so ruled by our emotions that we believe mindfulness is impossible. Does that sound like you? Do you get so caught up in the moment that you rarely consider what it might lead to?

Mindfulness is bad for business. If Americans practiced mindfulness, they wouldn't be carrying an average credit card debt of \$9,659 per household. Stores don't want you to think about your purchases. They want you to buy on *impulse*, and that's exactly what millions of people do.

You can't be mindful if you're ruled by your emotions instead of reason. Store designers are well aware of that and incorporate colors and lighting to soothe or excite customers' feelings, making them more receptive to buying. Gambling casinos also use flashing and colored lights to pull in players.

But mindfulness is good for more than just taking control of your finances. Mindfulness and emotional control are vital if you want to be sure about your future.

You can't be sure about your retirement if you spend all your money living only for today. You can't be sure about your future health if you

practice bad habits today. And you most certainly can't be sure about your future peace of mind if you engage in immoral or risky activities today and think they'll have no consequences.

*Every* action has consequences, whether they show up the next day or the next year.

Do you believe that you can't control your emotions—that they control *you* instead? Of course many emotional problems *do* exist which require medication, from depression to schizophrenia, and you should always discuss your emotional problems with your doctor.

But as you saw in Part 1 of this book, clear, rational thinking *can* be learned. Because we singles don't have a spouse for a cheerleader, we may think we're incapable of many things—until we honestly try.

## The dreaded 's' word

Most worthwhile things in life require *sacrifice*. That's a word we don't like to hear. We'd rather do *what* we want, *whenever* we want, and not have to give up *anything*, especially enjoying our good time.

But think about it for a moment. Earning a college degree requires that you sacrifice time and leisure activities to attend classes, study, and take tests. Receiving a paycheck requires that you give up whatever you'd be doing at home (sleeping? watching TV?) to do the tasks your employer assigns you.

Having a happy, successful marriage means both husband and wife must frequently sacrifice their own desires for the good of the relationship.

I'm sure that you're well aware of what sacrifice means. After all, you wouldn't be where you are today without making sacrifices.

The willingness to sacrifice sorts out the achievers from the apathetic. The more willing you are to sacrifice, the more sure you'll be of your future.

While it's true that some people get wealthy and acquire lavish houses and other trappings of success without much personal sacrifice, those instances are rare. Most of the time, personal sacrifice is the price we pay for anything worthwhile.

In the past ten or 15 years, many voices have been shouting that you can bypass the proven law of sacrifice. Get-rich-quick schemes abound on the Internet. Legalized gambling is common in most of the United States and in many European countries. TV game shows promise fortunes with no real work on the part of contestants. New Age gurus swear that you can make money or have anything else you desire simply by visualizing it.

### ***Baloney.***

To have a future you can be *sure of*, you simply *must* plan ahead, control your emotions, and sacrifice to set things in motion.

**Thanks for reading this free excerpt from *Single & Sure: How to be sure of yourself, sure of your future, and sure of God's love for you.***

**The Table of Contents of *Single & Sure* follows:**

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You can purchase **Single & Sure** as a downloadable ebook in pdf format, for only **\$14.97** at:

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